



Sticky Knowledge – What I already know

- I know how to keep safe online
- I know about how to be safe around medicine
- I know what to do if I feel unsafe or uncomfortable
- I can name some trusted adults

Key Knowledge - What I will know at the end of the unit

- I know how to keep my body healthy and safe
 - I know how to stay safe around medicines
 - I know how to stay safe online
- I know about how to be safe and responsible about medicines and their use
- I know that that our bodies need healthy foods, exercise, oxygen and sleep for energy
- I know there are situations in which I would feel safe or unsafe

Key Themes

Asking for help, Keeping healthy,
Staying safe around medicines,
Medicine safety



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Word	Definition
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Keep clean - Washing your body and hands to stay healthy.

Keep safe - Looking after yourself and avoiding danger.

Sleep - Resting your body and mind so you have energy.

Water - A drink that helps your body work properly.

Food - What we eat to help us grow and stay strong.

Fresh air - Clean air from outside that helps us breathe well.

Cuddle - A gentle hug that shows care and comfort.

Medicine- Something we take to help us get better.

Chemist - A place where medicine is given to help people.

Doctor- A person who helps us when we are sick or hurt.

Consent - Saying yes or no and having your choice respected.

Entertainment - Activities we enjoy, like games or music.

Donating - Giving things to help other people.

Word	Definition
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Risks - Things that could cause harm or danger.

Harmful - Something that can hurt you or make you unwell.

Sleep - Resting your body and mind so you can grow and learn.

Medicines - Things we take to help us feel better when we are ill.

Safety - Being careful to avoid danger and stay well. |

Rest - Taking a break so your body can relax and recover.

Grow - Getting bigger, stronger, and healthier.

Tired - Feeling like you need rest or sleep.

Safe- Not in danger and protected from harm.

Unsafe- Something that could be dangerous or cause harm.

Feelings- How we feel inside, like happy, sad, or angry.

Worried - Feeling scared or unsure about something.