



Safety

Personal, Social, Health and Economic Education
(PSHE)

Year 5



NC Objective

how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know

how to predict, assess and manage risk in different situations about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact (link to Online Safety Computing curriculum)

Stranger Danger

Key Vocabulary

Word	Definition
Child exploitation	When someone takes advantage of a younger person for their own gain.

Knowledge I already know

I know how to respond safely and appropriately to adults I may encounter whom I do not know

Knowledge I will learn

I know what child exploitation means and how to keep myself safe. I know that I should speak to a trusted adult if I am worried about something. This includes child line 0800 1111.

I know that someone that someone I trust always knows where I am.

I know that I should always know how I am getting home.

Rail Safety

Key Vocabulary

Word	Definition
Level crossing	A place where a railway and a road cross at the same level.

Knowledge I already know

I know how to keep safe when travelling by train. I know about the electrical dangers on a railway track
I know strategies for keeping safe near a railway track.

Knowledge I will learn

I know some of the risks associated with the railway. These include electric shock or being hit by a train.
I know what that a level crossing will have a barrier and lights to show when a train is coming.
I know that when the lights are red, I must wait back away from the crossing.

Body Safety

Key Vocabulary

Word	Definition
First aid	Help given to a sick or injured person until full medical treatment can be given
Common injuries	Include bruises, sprains, strains, joint injuries and nose bleeds.
Emergency	A serious, unexpected and often dangerous situation that requires immediate action

Knowledge I already know

I know about privacy and personal boundaries.

I know how to recognise pressure from others to do something unsafe and strategies for managing this.

I know when keeping something 'confidential' or secret should be or should not be agreed to and when it is right to break a confidence or share a secret.

I know about seeking and giving permission (consent) in different situations.

Knowledge I will learn

I know what is meant by first aid: basic techniques for dealing with common injuries.

I know how to respond and react in an emergency situation.

I know how to identify situations that may require the emergency services and I know how to contact them and what to say. I would phone 999 and ask for an ambulance, police, fire or coastguard.

I know strategies to respond to unwanted physical contact.

I recognise different types of physical contact – what is acceptable and unacceptable.

Road Area Safety

Key Vocabulary

Word	Definition
Electrical substation	Usually protected by a fence or within a building, this is where the voltage of electricity is reduced so that it can be delivered to homes. Only authorised trained adults should enter these areas.
Pylons	A tall tower-like structure used for carrying electricity cables high above the ground.
Electrical fences	A fence which has an electrical current passing through it that can give a shock.
Dangers	Something that could cause someone an injury or harm.

Knowledge I already know

I know what the green cross code is and that as a pedestrian I should follow this.
I know and understand strategies for keeping safe on the road (as a pedestrian or a cyclist)

Knowledge I will learn

I know that there are different electrical hazards and dangers on pavements and on roadside (e.g. electrical substations / pylons)
I know and understand strategies for keeping safe when travelling to/from school.
I know what laws pedestrians should follow.
I know that I am responsible for my own safety when travelling to/from school.

TYPES OF BEACH WARNING FLAGS



Water and Beach Safety

Key Vocabulary

Word	Definition
Current	Water moving in a strong direction.
Riptide	A strong tide of water often moving away from the beach.

Knowledge I already know

I know strategies for keeping safe near water. I know what to do in the event of an emergency situation in water. I know how to call for help using 999 or 112.

Knowledge I will learn

I know that a rip tide can look calm but can sweep someone out to sea.
I know that if I am caught in a rip current I must swim across them to escape.
I know that if I get into difficulty in the water I should lean back, extend my arms and legs. I should float to help control my breathing.
I know that cold water can send my body into shock. This makes it hard to breathe and can happen within seconds.
I know about different beach safety flags.

Sun Safety

Key Vocabulary

Word	Definition
Ultraviolet radiation	Invisible rays that are part of the energy that comes from the sun.
Skin ageing	Characterised by skin wrinkling and loss of elasticity. It can have a rough texture.

Knowledge I already know

I know that I must never look directly at the sun, even when wearing sunglasses.
I know that I should choose closely woven, light-weight fabrics which are best for protecting my skin from the sun.

Knowledge I will learn

I know that ultraviolet radiation from the sun can have harmful effects on people, including sunburn, skin damage, skin cancer and skin ageing.
I know the correct and most suitable sun protection to use.
I know that sunscreens offer protection from the sun, but that the protection is limited and I should also protect myself by covering up and seeking shelter.