



St Andrew's C of E Maghull Knowledge Organiser



Year 3 – Spring 1 – PSHE – Keeping Safe

Knowledge:

- It is important to know where to get help and who to ask for help.
- Sometimes, you might have to ask for help from an adult in a position of trust. For example, a shop worker or a security guard.
- In an emergency, you would need to get specialist help. For example, from a paramedic, a police officer or a firefighter.
 - As we grow up and experience the world around us, we learn about hazards and how to keep ourselves and others safe.
- Even experiences that put us in danger or situations where we were harmed teach us something about how to stay safe in the future.
- Discuss and debate the healthy and unhealthy ways to use drugs.

Vocabulary:

Opinion - A view that we form, not based on any knowledge.

Communication - Speaking and listening to others and receiving information.

Assertive - Having or showing confident and forceful behaviour.

Anxious - Feeling or showing worry and nervousness.

Personal Safety - Avoiding harm to yourself.

Strategies - A plan of action to achieve a long-term aim.

Risks - A situation involving exposure to danger.

Guilty - Feeling responsible for wrongdoing.

Regret - Feeling sad or disappointed over something.

Remorse - Deep regret for a wrong committed.

Lesson Sequence:

Lesson 1: I can identify situations which are safe or unsafe and identify who can help me in those situations.

Lesson 2: I can define danger and risk and the difference between them and demonstrate how to deal with a risky situation.

Lesson 3: I can identify risk factors in a given situation and suggest ways to reduce and manage the risks.

Lesson 4: I can recognise potential risks online and how to stay safe online.

Lesson 5: I can understand that medicines are drugs and suggest ways they are harmful or unharmed.