

Pillar 4 - Health and Safety

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Reception

- I can wash my hands effectively and understand why hygiene is important.
- I can identify people who help keep me safe in school and at home.
- I understand basic road safety rules and the importance of dental hygiene.

1

Year 1

- I can explain how to stay safe when using technology in the classroom.
- I can follow instructions to keep myself and others safe during physical play.
- I understand that some substances (like medicines) can be harmful if not used correctly.

2

Year 2

- I can describe what makes a balanced, healthy meal.
- I can identify potential hazards in different environments (classroom, playground, home).
- I understand the school's rules for staying safe online and know who to tell if I see something worrying.

3

Year 3

- I can explain the benefits of regular exercise on my physical and mental health.
- I can identify different types of bullying (including online) and know how to report them.
- I understand how to use basic equipment safely during specialist lessons, such as the Ukulele.

4

Year 4

- I can demonstrate confidence and basic safety skills in the water during swimming lessons.
- I can assess risks during outdoor activities, such as the school "Camp Out".
- I understand the importance of sleep and "switching off" from screens for my wellbeing.

5

Year 5

- I can demonstrate basic first aid, such as how to put someone in the recovery position.
- I can control a bicycle safely and follow the rules of the road (Cycling Proficiency).
- I understand how to protect my "digital footprint" and the importance of privacy settings.

6

Year 6

- I can identify and manage peer pressure in relation to risky behaviors or "dares".
- I can explain the consequences of crime and anti-social behavior (Crime Prevention workshops).
- I understand how to navigate the internet safely and critically as I move to secondary school.