**Year 3 Autum 2 Health and Wellbeing**

**What keeps us safe?**

A blue and white logo

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**Previous Learning:**

**From Year 2 Health and Wellbeing : What helps us to stay safe?**

* how rules and restrictions help them to keep safe (e.g. basic road, fire, cycle, water safety; in relation to medicines/ household products and online)
* how to identify risky and potentially unsafe situations (in familiar and unfamiliar environments, including online) and take steps to avoid or remove themselves from them
* how to resist pressure to do something that makes them feel unsafe or uncomfortable, including keeping secrets
* how not everything they see online is true or trustworthy and that people can pretend to be someone they are not
* how to tell a trusted adult if they are worried for themselves or others, worried that something is unsafe or if they come across something that scares or concerns them

**Vocabulary**

* Keeping safe
* at home and school
* our bodies
* hygiene
* medicines and household products

**Key Knowledge for unit**

**Children will learn:**

* how to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe
* how to help keep their body protected and safe, e.g. wearing a seatbelt, protective clothing and stabilizers
* that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable
* how to recognise and respond to pressure to do something that
* makes them feel unsafe or uncomfortable (including online)
* how everyday health and hygiene rules and routines help people stay safe and healthy (including how to manage the use of medicines, such as for allergies and asthma, and other household products, responsibly)
* how to react and respond if there is an accident and how to
* deal with minor injuries e.g. scratches, grazes, burns
* what to do in an emergency, including calling for help and speaking to the emergency services