

9 January 2026

Dear Parent/Carer

In Spring 1 your child will begin the 'Safety and the changing body' unit of the PSHE /RSE curriculum, please note the children will begin with the 'safety' aspect in this half term and revisit the 'changing body' aspect in Summer 2. Below is an outline of each year group's objectives and the key vocabulary they may be using/exposed to in those sessions.

Year 1 & 2 Safety and the changing body sequence of lessons

- To know how to respond to adults politely and safely
- To understands ways to keep safe on and near roads
- To understand that there are dangers at home and how these can be avoided
- To begin to understand what is safe to put into or onto our bodies
- To understand what to do if you get lost
- To understand how to stay safe when using the internet

Year 1 & 2 Safety and the changing body vocabulary

accident	drug	emergency	hazard	medicine
polite	respect	role	trust	stranger
visitor	pedestrian	bullying	danger	damage
traffic	adult	lost	safe	online

Year 3 & 4 Safety and changing body sequence of lessons

- To understand that not all emails are genuine
- To understand that age restrictions are designed to protect us
- To understand that not all information on search engines is valuable
- To begin to understand the risks of smoking and the benefits of being a non-smoker
- To understand how to help someone with asthma
- To understand the choices people can make and those which are made or influenced by others
- To develop an understanding of safety on or near roads

- To understand the role, they can take in an emergency situation

Year 3 & 4 Safety and the changing body vocabulary

allergic	anaphylaxis	bullying	casualty	choice
cyberbullying	decision	distraction	fake	influence
injuries	age restriction	asthma	law	protect
public	tobacco	phishing	non-smoker	airways
trachea	triggers	inhaler	lungs	larynx
inhale	exhale	inflate	deflate	assistance
emergency operator	999	incident	location	accident prevention

Year 5 & 6 Safety and changing body sequence of lessons

- To start to become a discerning consumer of information online
- To understand that online relationships should be treated in the same way as face to face relationships
- To understand how to help someone who is bleeding
- To understand how to help someone who is unresponsive

Year 5 & 6 Safety and the changing body vocabulary

alcohol	bladder	fake news	reliable source	internet trolling
bullying	cyberbullying	negative	anonymous	identity
arteries	heart	severe	minor	veins
positioning	shock	oxygen	red blood cells	white blood cells
infection	bandaging	unresponsive	alert	respiratory rate
airway	breathing	circulation	compressions	rescue breaths
heart rate	pulse	recovery position	monitor	resuscitate

Your child may come home and share their learning with you or ask questions on what they have learnt. I hope that the information that you have been provided with is useful in understanding on what your child will be learning in the next half term.

If you have any further questions, please contact your child's class teacher.

Yours faithfully

K. Smith

Kadie Smith
PSHE Lead