



All Saints CE Primary School and Nursery

Medium Term Planning



Class teacher: Mrs Korzeniewski

Year group: 4 Term: Autumn 1

Subject: PSHE - Keeping Safe

Lesson X2 weekly	Learning Goal (L.G.)	Brief outline of lesson content (or where this can be found/unit found in, if for example it is a published scheme such as Science, Kapow French or Music, Purple Mash computing)	Key Vocabulary covered
1	Road and water safety	Show route to Pingles Leisure Centre, discussing walking and road safety. Share expectations of behaviour at swimming and by water.	Safe, Unsafe, Body space, Choices Rules, facial expressions, body language Secret. Sad, scared, frightened Petrified, terrified, bothered
2	LG: why do we have rules?	Work on the school and classroom rules. Why do we have them and what we can do to make sure we follow them?	Unhappy, pressure, devastated Independent, miserable, distressed Lonely, alone, ignored, isolated
3	LG: zones of regulation and how they help us	Zones of regulation reminder SCARF: different feelings. How do we make a difference?	Physical effects , Surprise Feelings , Uncomfortable feelings Danger, persevere, dangerous
4	LG: I can't do it YET	Magical Yet. Reminder of our transition work and how to manage our growth mindset.	Assertive, risk, risky, hazard, hazardous medicine
5	LG: Rights and Responsibilities	Protective behaviours	We all have the right to feel safe all the time
6	LG: Safe and Unsafe feelings	Protective Behaviours	We can talk with someone even if it feels awful or small We use the correct body part names
7	LG: safe and unsafe secrets LG: my network hand	Protective Behaviours	Early warning signs , Network , Feelings My body, Private , Private parts Secrets, Safe secrets, Unsafe secrets

8	First Aid	First Aid lesson 1: Medicines: check the label	Tell, Network review , Responsibility Right, Water, Safety, risk, Danger Hazard, Edge , Think , Stop , Look Listen, Wait, Arrive , Green cross code Vigilant , Community , Alert, Road
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