

**Long Term Plan  
Personal Safety**

Section 1 of 8	Section 2 of 8	Section 3 of 8
<b>Section A – Safety at Home</b>	<b>Section B – Emergency Services</b>	<b>Section C - Fire</b>
<ul style="list-style-type: none"> <li>• Discussion of hazards at home</li> <li>• Identify hazards at home/school</li> <li>• Poisons, trips, electricity/gas, food, hygiene, use by gates, broken glass, scalds.</li> <li>• How to avoid dangers</li> <li>• Safety equipment, eg fire extinguisher, carbon monoxide detector</li> <li>• Child proofing home</li> <li>• Signs</li> </ul>	<ul style="list-style-type: none"> <li>• Using a phone</li> <li>• Giving relevant details</li> <li>• Learn emergency number</li> <li>• Research and visit:               <ul style="list-style-type: none"> <li>- Police</li> <li>- Ambulance</li> <li>- Fire service</li> <li>- RNLI</li> </ul> </li> <li>• Identify when these services should be contacted</li> <li>• How accidents happen – relate to previous term’s work</li> </ul>	<ul style="list-style-type: none"> <li>• Recognise different signs of a fire</li> <li>• Where can fires occur? How? Relate back to Term 1.</li> <li>• Draw up an escape plan for family. Stop/drop/roll.</li> <li>• Find out about school fire drill.</li> <li>• Draw plan showing fire escapes/extinguishers. Look at equipment</li> <li>• Take part in planning and carry out a fire drill</li> <li>• Evaluate</li> <li>• What to do if hear alarm when out in community</li> </ul>

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Section 4 of 8	Section 5 of 8	Section 6 of 8
<b>Section D – Personal Safety</b>	<b>Section F – Project: Road Safety/ Cyclist, etc</b>	<b>Section E - First Aid</b>
<p><b>In the home</b></p> <ul style="list-style-type: none"> <li>• When someone calls at door – equipment, eg door chair.</li> <li>• Show ID, check details on the phone.</li> <li>• Not give personal details</li> <li>• Ring back to check</li> <li>• If worried, who to call? (Term 2)</li> </ul> <p><b>Out in community</b></p> <ul style="list-style-type: none"> <li>• Personal belongings – keep phone, etc hidden</li> <li>• Pick pockets</li> <li>• Avoid unfamiliar places</li> <li>• Walking confidently – body language</li> <li>• If you get lost? What to do.</li> <li>• Stranger Danger</li> </ul>	<ul style="list-style-type: none"> <li>• Highway Code</li> <li>• Pedestrian               <ul style="list-style-type: none"> <li>- Using paths</li> <li>- Crossing roads</li> </ul> </li> <li>• Clothing – being seen</li> <li>• Using crossings – eg, pelican</li> <li>• Recognising light sequences</li> <li>• Cyclist               <ul style="list-style-type: none"> <li>- Bike safety, eg check brakes</li> <li>- Clothing</li> </ul> </li> <li>• Using the road</li> <li>• Traffic and signals</li> <li>• Posters</li> </ul>	<ul style="list-style-type: none"> <li>• First Aid Certificate, eg 20 hour certificate (Emma)</li> </ul>

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<b>Section 7 of 8</b>	<b>Section 8 of 8</b>	<b>Notes</b>
<b>Project</b>	<b>Project</b>	