

Juniper Hill School – Life Skills Curriculum September 2026
Topic and Knowledge & Skills Overview Document

Topic: Staying safe when you are out and about (Juniper Hill School’s own unique topic)

In this unit, children will learn how to stay safe, confident and responsible when they are out in their local community. They will develop an understanding of personal safety, road safety, public safety, water safety and how to respond to unfamiliar or risky situations. This unit links with our work on the School Travel Plan, RLLS Water safety program and the local authority ‘Footsteps’ programme we deliver every year to the children in Year 1, 2 and 3.

Year 2	Year 6
Lesson 1: People Who Help Keep Us Safe Objective: <i>I can identify trusted adults and community helpers who keep me safe.</i> Skills progression: <ul style="list-style-type: none"> Recognise trusted adults. Identify community helpers such as police officers and crossing patrol staff. Know who to ask for help if worried or lost. 	Lesson 1: Assessing Risks in Everyday Situations Objective: <i>I can identify potential risks in different environments and take steps to stay safe.</i> Skills progression: <ul style="list-style-type: none"> Recognise hazards in familiar and unfamiliar places. Assess levels of risk. Make informed decisions to reduce danger. <p>Include RLSS Water Safety ‘Stop and Think’ Lesson 1 in this lesson. (Age 7-11.)</p>
Lesson 2: Staying Safe Near Roads Objective: <i>I can explain and use simple road safety rules.</i> Skills progression: <ul style="list-style-type: none"> Recognise safe and unsafe places to cross. Understand the Green Cross Code. Apply road safety rules in different situations. 	Lesson 2: Independent Travel Safety Objective: <i>I can explain how to stay safe when travelling independently.</i> Skills progression: <ul style="list-style-type: none"> Plan safe routes. Apply road, cycle and public transport safety rules. Respond appropriately to unexpected situations. <p>Include RLSS Water Safety ‘Stay Together’ Lesson 2 in this lesson. (Age 7-11.)</p>
Lesson 3: Staying Safe in Public Places Objective: <i>I can describe how to stay safe when visiting public places.</i> Skills progression: <ul style="list-style-type: none"> Identify potential risks in public places. Stay with a trusted adult. 	Lesson 3: Personal Safety and Peer Pressure Objective: <i>I can recognise unsafe situations and make positive choices when influenced by others.</i> Skills progression: <ul style="list-style-type: none"> Identify situations involving peer pressure.

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<ul style="list-style-type: none"> Know what to do if separated from a group. <p>Include RLSS Water Safety ‘Stop and Think’ Lesson 1 in this lesson. (Age 5-7.)</p>	<ul style="list-style-type: none"> Use assertiveness skills. Make safe and responsible decisions.
<p>Lesson 4: Personal Safety and Boundaries</p> <p>Objective: <i>I can recognise situations that make me feel unsafe and know how to respond.</i></p> <p>Skills progression:</p> <ul style="list-style-type: none"> Identify safe and unsafe situations. Understand personal boundaries. Practise saying "no" and seeking help. <p>Include RLSS Water Safety ‘Stay Together’ Lesson 2 in this lesson. (Age 5-7.)</p>	<p>Lesson 4: Responding to Emergencies</p> <p>Objective: <i>I can explain what to do in an emergency and how to get help.</i></p> <p>Skills progression:</p> <ul style="list-style-type: none"> Recognise emergency situations. Know how and when to contact emergency services. Communicate important information clearly and calmly. <p>Include RLSS Water Safety ‘Call 999’ Lesson 3 in this lesson. (Age 7-11.)</p>
<p>Lesson 5: Safe Choices Around Strangers</p> <p>Objective: <i>I can explain how to stay safe around people I do not know.</i></p> <p>Skills progression:</p> <ul style="list-style-type: none"> Understand the difference between strangers and trusted adults. Recognise safe ways to respond if approached. Know when and how to seek help. <p>Include RLSS Water Safety ‘Call 999’ Lesson 3 in this lesson. (Age 5-7.)</p>	<p>Lesson 5: Staying Safe in the Community</p> <p>Objective: <i>I can evaluate risks within my local community and identify strategies to stay safe.</i></p> <p>Skills progression:</p> <ul style="list-style-type: none"> Recognise community safety concerns. Consider personal responsibility for safety. Develop strategies to reduce risk and support others. <p>Include RLSS Water Safety ‘Float’ Lesson 4 in this lesson. (Age 7-11.)</p>
<p>Lesson 6: Staying Safe When Playing Outside</p> <p>Objective: <i>I can make safe choices when playing outdoors.</i></p> <p>Skills progression:</p> <ul style="list-style-type: none"> Identify hazards in local environments. Assess simple risks. Demonstrate safe behaviour while playing and exploring. <p>Include RLSS Water Safety ‘Float’ Lesson 4 in this lesson. (Age 5-7.)</p>	<p>Lesson 6: Personal Safety in the Wider World</p> <p>Objective: <i>I can apply a range of strategies to stay safe as I become more independent.</i></p> <p>Skills progression:</p> <ul style="list-style-type: none"> Evaluate safety risks in a variety of real-life scenarios. Demonstrate confident decision-making. Apply safety knowledge to new and unfamiliar situations.