

Marshlands Primary School
Safeguarding Curriculum 2026-27

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F2	Self-regulation: My feelings Understanding feelings and emotions by recognising specific emotions, expressing them appropriately and managing strong feelings effectively	Building relationships: Special relationships Exploring the importance of special people in their lives.	Managing self: Taking on challenges Practicing the value of perseverance through communication, collaboration and coping	Self-regulation: Listening and following instructions Developing listening and communication skills through stories and games that encourage careful attention to spoken language.	Building relationships: My family and friends Developing an understanding of sharing, turn-taking and positive relationships.	Managing self: My wellbeing Discussing ways to take care of themselves. <i>Pedestrian Skills</i>
Y1	My healthy self: How can we look after our emotions? Recognising, through facial and body clues, and naming a range of emotions. Understanding what helps them to feel calm and happy and practicing strategies that help manage different emotions.	Connecting with others: How can I help myself and others feel happy and safe? Identifying what makes them and others special.	The online world: How do we spend time online? Recognising the different ways people use the internet in everyday life.	Citizenship: How can I help others and the environment? Learning how people can care for others and the environment through exploring the needs of babies, young children and pets, alongside ways to improve their school and local area.	Health protection: How can I protect myself and others in daily life? Exploring illnesses and injuries and understanding the roles of different healthcare workers in prevention and treatment.	Staying safe: How can I stay safe? Identifying everyday hazards and understanding situations that could cause harm.
Y2	My healthy self: How can we look after our bodies? Thinking about how everyday choices (movement, sleep, teeth, food and drink) support health and	Connecting with others: How can I build safe, kind and caring relationships with others? Recognising unkind behaviour, including bullying, explore personal space, privacy	The online world: How can we stay safe online? Developing an understanding of how people use the internet safely, including sharing information, protecting private information and	Citizenship: How do people belong to a community and earn money? Learning about the different groups people are part of and beginning to understand where	Growing up: How can we look after and respect our bodies as we grow? Learning about physical development, privacy and personal boundaries.	Staying safe: How can I make safe choices in different places? Identifying everyday hazards and understanding situations that could cause harm (at home and in public).

	wellbeing. Identifying healthy habits.	and boundaries and identify trusted adults who can help them when they feel worried or unsafe.	recognising that not everything online is real.	money comes from and how it is earned.		
Y3	My healthy self: How can I take care of my mind and body? Examining the connection between the mind and body by recognising and describing a wide range of emotions and feelings. Recognising signs that someone needs help and identifying trusted adults.	Connecting with others: What helps us feel safe and included? Recognising their own strengths, qualities and boundaries, pupils develop self-worth and confidence in expressing themselves respectfully.	The online world: How should we communicate online? Exploring online and in-person communication, including respectful behaviour, misunderstandings and how communication can affect safety online.	Citizenship: What rights and responsibilities do we have? Learning about children's rights and why they matter.	Health protection: How can we prevent illness and injury and respond if they happen? Investigating how healthy habits, medicines and healthcare help prevent illness and protect wellbeing.	Citizenship: What careers do people choose and why? Exploring careers, aspirations and equality by learning about different jobs, why people choose them and how careers can change over time.
Y4	My healthy self: How can I make healthy choices? Understanding how healthy choices support both physical and mental wellbeing by exploring exercise, nutrition and hydration. Exploring how kindness and growth mindset can have a positive impact.	Connecting with others: How can we respect each other? Examining respectful and disrespectful behaviour	The online world: How can we decide what to trust online? Developing critical thinking skills exploring information that is found- reliability, misleading, deciding what to believe.	Citizenship: How can I spend money responsibly? Examining budgets, value for money and responsible financial decision making.	Growing up: How will my body and emotions change as I grow up? Learning about the physical and emotional changes that occur during puberty.	Staying safe: What signs help me recognise what is safe or unsafe? Developing personal safety skills by recognising warning signs, responding to uncomfortable situations and seeking help in an emergency.
Y5	My healthy self: How can I support my mind and body as I grow? Understanding how everyday choices can support physical and	Connecting with others: Why are healthy relationships important? Developing strategies for building and	The online world: How am I influenced by what I see online? Considering how online content can influence choices by examining	Citizenship: How can we make a difference in our communities and beyond? Developing active citizenship skills	Growing up: How can I manage the changes to my body and emotions as I grow up? Understanding the physical and emotional	Citizenship: How can we be in control of our money? Learning how needs and wants can influence spending

	emotional wellbeing by exploring nutrition, physical activity and self-regulation.	maintaining healthy friendships. Investigating family relationships.	advertising, influencers and persuasive techniques used online.	through exploring how people can make a difference in their communities and beyond.	changes that happen during puberty, including their impact on feelings, behaviour and relationships. <i>School nurse - period talk</i>	decisions and financial choices.
Y6	My healthy self: How do my choices today shape my future health? Learning about the importance of daily dental care and how choices about food, drink and lifestyle can affect long-term health and wellbeing. Considering how habits and reactions can influence relationships, learning and future success.	Connecting with others: What does it mean to stand up for myself and others? Building skills in setting boundaries, challenging stereotypes, discrimination and bullying, and recognising when to seek help from trusted adults and support services.	The online world: How do I feel about the things I see online? Learning how to respond appropriately to harmful online behaviour	Citizenship: How can we protect everyone's rights? Exploring human rights, laws and how the legal system helps uphold fairness in society.	Staying safe: How can I stay safe as I grow up? Developing understanding of hazards, risks and safer choices by exploring how to stay safe at home, outdoors, on public transport and around water. <i>School nurse – period discussion</i>	Further first aid <i>Bus Wise Visit</i>
Whole School Events	<i>Hull Rugby Assembly - fitness</i>		Internet Safety Day			Well being Week Transition
Whole School Assemblies	Allergens How do school keep us safe? Protected Characteristics	Bonfire Night Safety Halloween – stranger danger Anti-Bullying Week Winter water safety	Keeping safe online Lock down/Emergency procedures School attendance	Speak Out, Stay Safe Fake News	Pressures of social media Technology addiction	Sun Safety Water Safety
Staff Refresher Meetings	KCSIE Policies & updates	Drugs & Alcohol awareness	Basic awareness of neglect	FGM	Parental mental health	Self harm

External professionals