

Learning Objectives

The purpose of a visit to Lifeskills is to teach pupils how to recognise risks in different situations and then, through experiential learning, decide how to behave responsibly.

All pupils visiting Lifeskills will take part in activities which have the following learning objectives:

- To explore safety and risk in a variety of situations
- To learn how to behave responsibly
- To learn the actions to take in a variety of situations

Lifeskills activities support:

The PSHE non-statutory framework: PSHE Association PSHE Education programme of Study

1. Core theme 1 – Health and Wellbeing for Key Stage 2:

- H3. to recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet
- H7. to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these
- H9. to differentiate between the terms, 'risk', 'danger' and 'hazard'
- H10. to recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience
- H11. to recognise how their increasing independence brings increased responsibility to keep themselves and others safe
- H14. to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong
- H15. school rules about health and safety, basic emergency aid procedures, where and how to get help
- H17. which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others
- H21. strategies for keeping physically and emotionally safe including road safety (including cycle safety - the Bikeability programme), and safety in the environment (including rail, water and fire safety)
- H23. about people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe
- H24. the responsible use of mobile phones: safe keeping (looking after it) and safe user habits (time limits, use of passcode, turning it off at night etc.)

2. Core theme 2 – Relationships for Key Stage 2:

- R7. learn that their actions affect themselves and others

3. Core them 3 – Living in the wider world for Key Stage 2:

- L2. Why and how rules and laws that protect them and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules
- L6. to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk
- L7. That they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; to continue to develop the skills to exercise these responsibilities

During a visit to Lifeskills all pupils will learn about:

Learning Objective	End of Key Stage 2 Statements
<p>Building Site</p> <ul style="list-style-type: none"> • To know and understand the potential hazards on building sites <ul style="list-style-type: none"> ○ Building sites are not safe places for children to play because of hazards such as unsafe storage of materials, uneven surfaces, chemicals etc. • To know and understand how building sites are made safer for people working on them <ul style="list-style-type: none"> ○ Builders wear protective clothing ○ There are general safety rules on building sites 	<p>H9, H10, H21</p>
<p>Drugs</p> <ul style="list-style-type: none"> • To know and understand some effects of taking drugs or harmful substances <ul style="list-style-type: none"> ○ Dizzy, sick, confused, uncontrollable, headache etc. • To know and understand different categories of drugs <ul style="list-style-type: none"> ○ Prescribed - Substances prescribed by a doctor for a certain person, for a specific illness and should not be shared or taken by other people. ○ Over the counter - Medicines bought from the chemist, supermarket or shop. ○ Legal & commonly used - Substances that some people use every day and are generally accepted by society if used sensibly. They can be addictive and harmful and some are controlled by age. ○ Illegal - Substances controlled by laws and are illegal to possess, sell or pass on to another person. They can be addictive and harmful. • To know and understand the effect that taking illegal drugs can have on others <ul style="list-style-type: none"> ○ Affects family, friends, emergency services, neighbours etc. 	<p>H7, H9, H17, H23 R7 L2, L6, L7</p>
<p>Electricity</p> <ul style="list-style-type: none"> • To know and understand potential electrical hazards • To know and understand how to use electricity safely <ul style="list-style-type: none"> ○ Overloading electric sockets ○ Trailing flexes ○ No access to electric substation 	<p>H9, H10, H21</p>
<p>Fire</p> <ul style="list-style-type: none"> • To know and understand fire hazards • To know and understand safe practices <ul style="list-style-type: none"> ○ Just one flame can cause a fire ○ Candles, matches, lighters and hair straighteners can all cause fire if left unattended or in the wrong place • To know and understand the importance of working smoke alarms <ul style="list-style-type: none"> ○ Smoke alarms can save lives if maintained properly • To know and understand what action to take in the event of a fire <ul style="list-style-type: none"> ○ Every house/dwelling is different and that it is essential to carry out a “Family Fire Escape Plan” ○ Close doors to contain fire ○ “Get out, Get the Fire Service Out, Stay Out” ○ If trapped, get everyone together in one room, phone 999, open a window and shout “Fire”, and as a last resort lower people out of windows • To know and understand the damage a house fire can cause 	<p>H9, H10, H14, H15, H21</p>
<p>First Aid</p> <ul style="list-style-type: none"> • To know and understand the procedure of what to do in the event of finding a casualty <ul style="list-style-type: none"> ○ Check for Dangers ○ Check for a Response from the casualty ○ Shout for Help ○ Open the Airway of the casualty ○ Check the casualty’s breathing ○ Phone for help – 999 	<p>H7, H9, H10, H11, H14, H15 R7</p>

Learning Objective	End of Key Stage 2 Statements
Garden safety <ul style="list-style-type: none"> ○ Trampoline safety – one at a time ○ Bonfires and barbeques ○ Sun safety ○ Skateboards and scooters 	H9, H10, H11, H21 R7 L7
Gas <ul style="list-style-type: none"> ● To know and understand the potential dangers of a gas leak <ul style="list-style-type: none"> ○ If gas is ignited it can cause an explosion ● To know and understand the appropriate action to take if you smell gas <ul style="list-style-type: none"> ○ If you smell gas you should: <ul style="list-style-type: none"> ▪ extinguish naked flames ▪ not use electrical switches ▪ open windows and doors ▪ turn off the gas ▪ phone the gas emergency service 0800 111999 Carbon Monoxide (CO) <ul style="list-style-type: none"> ● To know and understand the potential dangers of a build-up of CO <ul style="list-style-type: none"> ○ CO is a poisonous gas and can make you very ill or even kill you ○ It has no smell and cannot be seen or tasted ○ It is caused by faulty burning of carbon based fuels e.g. gas boilers, open fires, barbeques etc. ▪ Know what safety measures can be taken <ul style="list-style-type: none"> ○ Have gas boilers serviced every year ○ An audible alarm can save people’s lives – if the alarm sounds you need to get out of the house and call for an engineer 	H9, H10, H21 H9, H10, H21
Home <ul style="list-style-type: none"> ● To know and understand potential hazards in the home and garden <ul style="list-style-type: none"> ○ Slips, trips & falls – keep surfaces clear, mop surfaces etc. ○ Burns & scalds – not to carry kettle of boiling water, hot drinks, playing with matches etc. ○ Poisons/hazardous substances storage ○ Preventing the spread of bacteria 	H9, H10, H11, H17, H21 R7 L7
Personal <ul style="list-style-type: none"> ● To know and understand what actions to take to protect yourself from other people <ul style="list-style-type: none"> ○ Keep to safe routes where there is good lighting and where there are people around ○ If home alone do not answer the door or telephone and do not go to a window to see who is outside ○ Be aware of how your body reacts to fear ○ Safe possession of mobile phones, Ipods etc. ● To know and understand how your actions can affect others <ul style="list-style-type: none"> ○ Recognise graffiti as an anti-social behaviour ○ Legal and safety implications of trespass 	H7, H9, H10, H11, H14, H21, H24 R7 L2, L6, L7

Learning Objective	End of Key Stage 2 Statements
<p>Rail</p> <ul style="list-style-type: none"> • To know and understand the potential hazards associated with railways and know what the yellow line on the platform means <ul style="list-style-type: none"> ○ Trains go fast and take a long time to stop ○ Hazards on a track can cause serious incidents • To know and understand what to do if a hazard is identified <ul style="list-style-type: none"> ○ Understand why you do not go onto the railway line ○ To let station staff know, to press the emergency button on the call point or phone 999, and report details to the Transport Police • To know and understand the legal implications of trespass and vandalism <ul style="list-style-type: none"> ○ If you trespass on railways you could be fined up to £1,000. ○ If people trespass to cause “Criminal Damage” such as vandalism and graffiti they could be put in prison • To know and understand the potential hazards associated with the electrification of the railways <ul style="list-style-type: none"> ○ To understand that the electricity can arc up to 3 metres so not to get too close or use items like selfie sticks when on the platform 	<p>H7, H9, H10, H11, H14, H21 R7 L6, L7</p>
<p>Road</p> <ul style="list-style-type: none"> • To know and understand how to use roads safely as a pedestrian, cyclist or car passenger <ul style="list-style-type: none"> ○ Recognise street furniture & road markings and know what they mean ○ Realise vehicle stopping distance, including impact of different weather conditions ○ Benefits of bright/light clothing & reflective material ○ Cycle security and safety issues • To know and understand how to stay safe in a car <ul style="list-style-type: none"> ○ Importance of using seatbelts correctly & using booster seats/cushions ○ Dangers of leaving items loose or on back shelf of car ○ Possible consequences of distracting the driver 	<p>H7, H9, H10, H11, H14, H21 R7</p>
<p>Shop</p> <ul style="list-style-type: none"> • To know and understand how to make informed choices when purchasing groceries <ul style="list-style-type: none"> ○ Know why to check ‘prices’, ‘best before and use by dates’ and ‘your change’ ○ Products restricted by age related sales ○ Importance of keeping receipts for items purchased ○ Healthy eating guidance 	<p>H3, H11, H17 L2</p>
<p>Water</p> <ul style="list-style-type: none"> • To know and understand the potential hazards of water and know the importance of following local information <ul style="list-style-type: none"> ○ Dangers of tides, currents, temperature, unknown depth of water ○ Someone can drown in very shallow (3cm) water ○ The additional risks caused by flooding • To know and understand what actions to take to reduce water related risks <ul style="list-style-type: none"> ○ Importance of only swimming in safe places e.g. lifeguard ○ You should never go near water on you own When you go out make sure adults know where you are going and what time you’ll be back home • To know and understand what action to take to rescue someone in distress in water <ul style="list-style-type: none"> ○ Never jump into the water to attempt a rescue ○ Call for the lifeguard or phone 999 for the coast guard or fire service depending on where you are 	<p>H7, H9, H10, H11, H14, H21 R7 L7</p>