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| **St. Michael’s Primary School – Tracking and Accrediting Pupil Progress in Wider Achievement****Accreditation****Confident Individuals – Staying Healthy, Staying Safe** |

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|  | Primary 1 | Primary 2 | Primary 3 | Primary 4 | Primary 5 | Primary 6 | Primary 7 |
| Gold | * Practise riding my bike without stabilisers and always wear a helmet
* Participate in an organised health event e.g. Run for Health.
* Write down 2 or 3 things I like about my friend.
 | * Write an end of year / term thank you letter to someone within the school who helps us-e.g. janitor, dinner lady or cleaner.
* Complete a pictorial / written diary noting down my 5 a day for a week.
* Create an all about me fact file identifying 3 things I am good at and something I would like to improve on.
 | * With assistance help to create a healthy dinner at home.
* Describe how to make a 999 call.
* Give a short demonstration / talk to your class of an activity you are involved in out of school.
 | * Help a parent / carer plan the weekly shop to include healthy meal / snack choices.
* Be able to describe the jobs of the wider emergency services – mountain rescue and lifeboats.
* Identify and log improvements you make to your P.E performance over each term.
 | * Help at home to create a healthy meal.
* Be able to write down 2 positive things about myself and 2 positive things about a friend.
* Share success in an extra – curricular club with the school during assembly time.
* Investigate problems the emergency services experience with hoax calls and the consequences related.
* Be aware of internet safety and explain the ways in which we keep ourselves safe on – line.
 | * Plan a shopping list with an adult and highlight healthy choices or changes you can make.
* Investigate and then create a poster to show the dangers of smoking.
* Give a short class talk on the importance of involvement in physical activity and what can happen to our bodies if we don’t exercise regularly.
* Make up and perform a rap about a friend including all of their attributes which make them important to you.
* Pass my cycling proficiency test.
 | * Share sporting success out with school with other people.
* Be involved in the risk assessment of a local trip or visit.
* Work with buddies to demonstrate green cross code and road safety.
* Explain how to treat minor cuts and burns and the benefits and dangers of medicine.
* Identify a weakness within myself and can create and follow through a plan of improvement.
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| Silver | * **Use the Green Cross Code when crossing roads with an adult.**
* **Have at least two pieces of fruit for break/lunch every day.**
* **Talk briefly about people who can help us and how they can help us.**
 | * **Be able to explain how to use the green cross code correctly.**
* **Make sensible, healthy choices at snack time and lunch time including fruit and vegetables.**
* **Be involved in a sporting activity out with the school day.**
 | * **Create a leaflet explaining the stages of the green cross code.**
* **Be able to talk about our local area and the emergency services and the jobs they do.**
* **Identify 2 things I am good at and something I would like to improve on.**
 | * **Create a poster for healthy eating to display in the school.**
* **Research and try out relaxation techniques such as massage or deep breathing.**
* **Be able to discuss water and beach safety.**
 | * **Create a leaflet to explain to a younger pupil the importance of regular dental checks and tooth brushing.**
* **To take on a speaking part in my class assembly or Christmas show.**
* **To be involved in an extra-curricular sport or hobby on a regular basis.**
* **Be able to wash and dress myself each day for school.**
* **Be able to describe stranger danger and what to do if you are lost.**
 | * **Be involved in an extra-curricular activity and share any success with the rest of the school during assembly time.**
* **Help to design and create a healthy lunch.**
* **Design a poster which shows how we keep ourselves safe whilst using the internet.**
* **Explore relaxation techniques such as yoga, deep breathing or massage and demonstrate to an adult at home.**
* **Take on a speaking part in the school show or class assembly.**
 | * **Be involved in an extra-curricular sporting activity.**
* **Explain to pupils the key points about stranger danger.**
* **Identify 3 positive points about a member of my family.**
* **Prepare a healthy lunch for myself.**
* **Always wear a helmet when out on my bike and use cycling proficiency skills to keep me safe whilst out on my bike.**
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| Bronze | * **Participate in Health Day**
* **Say why it is important to look after teeth and brush them daily in school.**
* **Wash my hands with soap every time I go to the bathroom.**
 | * **Participate in Health Day.**
* **Participate fully in P.E with kit.**
* **Take responsibility for cleaning teeth at home morning and night.**
 | * **Participate fully in P.E lessons, wearing appropriate kit.**
* **Take part in health day.**
* **Wash myself, brush hair and clean teeth each morning independently.**
 | * **Role - play making a 999 call.**
* **Write a report on your participation during health day.**
* **Be involved in an extra-curricular sporting activity.**
* **Put my dirty washing away each night and hang / fold my clothes up ready for the next day for at least a week.**
 | * **Participate in health day activities.**
* **Take part in P.E regularly in complete kit.**
* **Demonstrate how to cross the road safely using the green cross code.**
* **Bring a healthy snack to school at least 3 x weekly.**
* **Conduct myself accordingly around the school following the rules.**
 | * **Participate fully in P.E each week in correct kit.**
* **Be involved in health day.**
* **Get myself to school independently, safely and on time each day.**
* **Bring a healthy snack to school at least 4 times a week.**
* **Attend the school residential and get involved in the physical activities on offer.**
 | * **Come to school independently and safely each day.**
* **Participate fully in P.E. in complete kit.**
* **Make healthy choices at snack and lunch time.**
* **Move around the school in an appropriate and safe manner.**
* **Identify 3 positive things about myself.**
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