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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. |
| 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.** |
| 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.** |