

Lewis Primaries – Health and Wellbeing Planner (Early Level)

Class/group:

Teacher:

Session:

Term:

Skills and Progression – Early Level

Organiser	Experiences & Outcomes	Skills Progression		Suggested Resources	Benchmarks (to be achieved by the end of early level P1)
		Nursery	P1		
Relationships, Sexual Health and Parenthood	<p>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 0-44a</p> <p>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 0-44b</p>	<ul style="list-style-type: none"> Choose friends to play with Talk about what I like and dislike Understand that people like/dislike different things Identify someone special at home who I can talk to 	<ul style="list-style-type: none"> Talk about and answer questions about friends Decide who to play with by common interests Explain choice of friends by their special qualities Explain why having friends is good for people Identify someone at home and at school who can help if needed 	<p>RSHP (Friends & Friendship)</p> <ul style="list-style-type: none"> Friends and Friendship - Activity Plan - English Friends and Friendship - Activity Plan - Gaelic You Tube Clip - The Skeleton Dance RESOURCE - ICEPACK (School to purchase) What do I feel? What do I value? What do I think? 	
	<p>I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults. HWB 0-45a</p>	<ul style="list-style-type: none"> Name/identify some people who provide care (Family, Staff) Identify someone at nursery/school who is there to talk to if needed Explore and name some members of own family 	<ul style="list-style-type: none"> Name a wide range of people who care for and look after us (at home, school, community) List ways in which families help us Draw members of own family and compare to others, discuss similarities/differences Understand why family and friends are important 	<p>RSHP Our families, People who help look after me, When I feel sad or upset?</p> <ul style="list-style-type: none"> When I Feel Sad or Upset - Activity Plan - English When I Feel Sad or Upset - Activity Plan - Gaelic People Who Help Us - Powerpoint - Gaelic People Who Help Us - Powerpoint - English God's Loving Plan (School to request permission to purchase and use from the Scottish Catholic Education Service.)- Primary1 Worksheet 1 (amended by Uist Primaries) 	<ul style="list-style-type: none"> Identifies people who can help, for example, teachers, family members. Recognises that care can come from a variety of different people. Identifies that families may be made up of different people.
	<p>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication. HWB 0-45b</p>	<ul style="list-style-type: none"> Find a space to sit or stand Recognise when a sign, symbol or a gesture tells me something Recognise and respond in some way when spoken to 	<ul style="list-style-type: none"> Show awareness of own and others personal space Recognise and respond to most signs, symbols or gestures appropriately Recognise and respond appropriately to verbal communication 	<p>RSHP (Friends & friendship, Personal space & privacy)</p> <ul style="list-style-type: none"> Personal Space and Privacy - Activity Plan - English Personal Space and Privacy - Activity Plan - Gaelic RESOURCE - ICEPACK (School to purchase) What do I think? What do I choose to say? 	
Physical Changes	<p>I recognise that we have similarities and differences but are all unique. HWB 0-47a</p>	<ul style="list-style-type: none"> Through play, sort, match and compare by appearance 	<ul style="list-style-type: none"> Identify similarities and differences between self and others 	<p>RSHP (My body, Unique, similar, different)</p> <ul style="list-style-type: none"> Unique, Similar and Different - Activity Plan - English Unique, Similar and Different - Activity Plan - Gaelic God's Loving Plan (School to request permission to purchase and use from the Scottish Catholic Education Service.)- Primary 1 Worksheet 2 (amended by Uist Primaries) God's Loving Plan (School to request permission to purchase and use from the Scottish Catholic Education Service.)- Primary 1 Worksheet 3 (amended by Uist Primaries) 	<ul style="list-style-type: none"> Identifies body differences and similarities.
	<p>I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b</p>	<ul style="list-style-type: none"> Understand that humans start of as babies and grow and change as they get older Point to some named body parts including penis and vulva 	<ul style="list-style-type: none"> Describe how one's body has grown since being a baby Locate and name simple body parts including penis, testicles, vulva and nipples 	<ul style="list-style-type: none"> My Body Parts - Primary 1 - Unlabelled Worksheet - Gaelic My Body Parts - Primary 1 - Unlabelled Worksheet - English 	<ul style="list-style-type: none"> Describes how bodies change as they grow. Identifies body parts using correct names for example, penis, testicles, vulva and nipples
	<p>I am learning what I can do to look after my body and who can help me. HWB 0-48a</p>	<ul style="list-style-type: none"> Demonstrate a few ways to look after one's body Explain how we can look after our bodies and who can help us do this Begin to understand the concept of privacy by closing toilet doors when using the toilet. 	<ul style="list-style-type: none"> Identify people who can help one look after one's body Explain how and why it is important to look after my body Understand the concept of privacy by closing toilet doors when using the toilet. Demonstrate awareness of personal space and respect that of others 	<p>RSHP (My body belongs to me, personal space & privacy)</p> <ul style="list-style-type: none"> My Body Belongs To Me - Activity Plan - English My Body Belongs To Me - Activity Plan - Gaelic 	<ul style="list-style-type: none"> Demonstrates modesty and privacy through, for example, closing toilet doors. Manages personal space with respect towards self and others.

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		Nursery	P1		
Sexual Health and Sexuality	I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this. HWB 0-49a	<ul style="list-style-type: none"> Begin to show through daily routines an awareness of the need for privacy and hygiene Begin to talk about what actions are right and wrong regarding respecting one's body. Seek help if worried about respect for one's body 	<ul style="list-style-type: none"> Explain how to keep some parts of the body private and hygienic Demonstrate understanding of what actions are right and wrong regarding respect for one's body. Identify an adult that one can talk to if worried about respect for one's body 	RSHP (My body belongs to me, personal space & privacy) <ul style="list-style-type: none"> My Body Belongs To Me - Activity Plan - English My Body Belongs To Me - Activity Plan - Gaelic RESOURCE - NSPCC - Let's Talk PANTS- My body belongs to Me RESOURCE - Wash Your Hands of Them - Keep Your Hands Clean 	<ul style="list-style-type: none"> Demonstrates an understanding of the concept, 'my body belongs to me'. Recognises and communicates uncomfortable feelings in relation to a person or situation using, for example, the 3-step model: say no, go away, talk to someone you trust.
Sexual Health and Sexuality	I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a	<ul style="list-style-type: none"> Match babies to their mums (animals) Plant seeds, care for them and watch them grow How to look after a plant, animal or other living thing 	<ul style="list-style-type: none"> Identify changes that occur in plants or animals as they grow Learn about and explain the stages of a simple life cycle e.g., Caterpillar-butterfly, frogs, birds Understand that all living things need food, water and care to survive. 	RSHP (Looking after plants & animals) <ul style="list-style-type: none"> Looking After Plants and Animals - Activity Plan - English Looking After Plants and Animals - Activity Plan - Gaelic RESOURCE - Healthyschools.net: Healthy lives (Registration required) 	<ul style="list-style-type: none"> Gives examples of where living things come from, for example, plants from seeds, fish from eggs. Explains that living things need food, water and care to grow and survive.
Role of Parent/Carer	I am able to show an awareness of the tasks required to look after a baby. HWB 0-51a	<ul style="list-style-type: none"> Through play show how to look after a baby 	<ul style="list-style-type: none"> Describe some of the tasks required to look after a baby 	RSHP (Pregnancy & looking after a baby) <ul style="list-style-type: none"> Pregnancy and Looking After a Baby - Activity Plan - English Pregnancy and Looking After a Baby - Activity Plan - Gaelic RESOURCE - Healthyschools.net: Healthy lives (Registration required) 	<ul style="list-style-type: none"> Describes the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding, sleeping.