

Lewis Primaries – Health and Wellbeing Planner (Second Level - P5)

Class/group:

Teacher:

Session:

Term:

Skills and Progression – Second Level

Organiser	Experiences & Outcomes	Skills Progression	Suggested Resources	Benchmarks (to be achieved by the end of second level P7)
		P5		
Positive Relationships	<p>I understand that a wide range of different kinds of friendships and relationships exist. HWB 2-44a</p> <p>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others. HWB 2-44b</p> <p>I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing. HWB 2-45a</p> <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 2-45b</p>	<ul style="list-style-type: none"> Talk about and give some examples of a wide range of different types of friendships and relationships. Recognise and talk about how positive relationships can make you feel. Recognise and talk about how actions can have an impact on others' health and wellbeing. ICE PACK – What do I feel? Identify strategies which I can practise to help me deal with changing relationships and talk about the positive impact this can have on my emotional wellbeing Show an awareness of the need to respect personal space and boundaries Recognise and attempt to show how to respond to verbal and non-verbal communication 	<p>P5 -Friends and friendship Part 1: What is a friend?</p> <ul style="list-style-type: none"> What is a Friend? Activity Plan - English What is a Friend? Activity Plan - Gaelic <p>Part 2: Making and Keeping Friends</p> <ul style="list-style-type: none"> Making and Keeping Friends - Activity Plan - English Making and Keeping Friends - Activity Plan - Gaelic <ul style="list-style-type: none"> RESOURCE – Prim Ed – Developing Awareness of Health and Personal Development Series (School to Purchase) <ul style="list-style-type: none"> Book 4 (Year 4/P5) – Pages 46-47 <p>Part 3: Online-Offline Friends</p> <ul style="list-style-type: none"> Online and Offline Friends - Activity Plan - English Online and Offline Friends - Activity Plan - English <p>P5/6 RSHP: Consent Part 1: What is consent?</p> <ul style="list-style-type: none"> What is Consent? Activity Plan English What is Consent? Activity Plan- Gaelic <p>Part 2: My body is mine (You Tube video mentions sexual consent video on slide 3 – clip below)</p> <ul style="list-style-type: none"> My Body is Mine: Activity Plan-English My Body is Mine: Activity Plan- Gaelic <ul style="list-style-type: none"> You Tube Clip - Consent Explained for Kids You Tube Clip - Boss of my Body <p>PANTS RESOURCE NPCC</p> <ul style="list-style-type: none"> PANTS Resources for Schools and Teachers <p>P5/6 RSHP: My senses: Things I like, things I don't like</p> <ul style="list-style-type: none"> My Senses - Activity Plan - English My Senses - Activity Plan - Gaelic <ul style="list-style-type: none"> RESOURCE - Dove Self Esteem-Body Image Project (TEACHER MUST REGISTER/LOGIN) RESOURCES - E-Safety Kids Resources 	<ul style="list-style-type: none"> Identifies different kinds of friendships and relationships. Identifies the skills required to manage changing relationships, for example, tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect. Explains the impact of positive relationships on emotional wellbeing.
Physical Changes	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a</p>	<ul style="list-style-type: none"> Talk about how some body changes may affect how I feel about myself and how I may behave. Talk positively about own body image and appearance. 	<p>RSHP: Emotional wellbeing and body image</p> <p>Part 1: My Feelings</p> <ul style="list-style-type: none"> My Feelings - Activity Plan - English My Feelings - Activity Plan - Gaelic <ul style="list-style-type: none"> You Tube Clip - Talking Mental Health <p>Part 2: My Body</p> <ul style="list-style-type: none"> You Tube Clip - Bodies: Different Shapes and Sizes You Tube Clip - Why Don't I Like the Way I Look <p>Part 3: When I feel sad or worried</p> <ul style="list-style-type: none"> Emotional Wellbeing/Body image - When I Feel Sad or Worried - Activity Plan - English Emotional Wellbeing/Body image - When I feel Sad or Worried - Activity Plan - Gaelic <ul style="list-style-type: none"> RESOURCE - Good to be Me <p>My senses: Things I like, things I don't like</p> <ul style="list-style-type: none"> My Senses - Things I Like, Things/I Don't Like - Activity Plan - English My Senses - Things I Like/Things I Don't Like - Activity Plan - Gaelic 	<ul style="list-style-type: none"> Identifies positive things about own body image and appearance. Identifies strategies to manage emotions, for example, relaxation techniques, speaking to someone, taking time out.

Lewis Primaries – Health and Wellbeing Planner (Second Level - P5 Continued)

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Skills and Progression – Second Level

Organiser	Experiences & Outcomes	Skills Progression (Second Level cont)	Suggested Resources	Benchmarks (to be achieved by the end of second level P7)
		P5		
Physical changes	<p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a</p> <p>I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it. HWB 2-49a</p>	<ul style="list-style-type: none"> Explain the importance of personal hygiene and describe how a hygiene routine may need to change during puberty. Recognise and explain how poor personal hygiene can affect emotional, social and physical wellbeing. Revise the correct terminology for body parts and functions from P4 First Level including ovaries and womb. <ul style="list-style-type: none"> Name different forms of abuse and know that they are wrong Talk about ways of how to keep myself safe and get help if I need it. 	<p>Part 4: Personal hygiene</p> <ul style="list-style-type: none"> My Body: Personal Hygiene - Activity Plan - English My Body: Personal Hygiene - Activity Plan - Gaelic RESOURCE – Prim Ed – Developing Awareness of Health and Personal Development Series (School to Purchase) <ul style="list-style-type: none"> Book 4 (Year 4/P5) – Pages 14-17 <p>RSHP</p> <p>Part 1: Protecting me/Abuse and Relationships</p> <ul style="list-style-type: none"> When I Feel Safe/Unsafe - Activity Plan - English When I Feel Safe/Unsafe - Activity Plan - Gaelic <p>Part 2: My 5 trusted individuals</p> <ul style="list-style-type: none"> My 5 trusted individuals - Activity Plan - English My 5 trusted individuals - Activity Plan - Gaelic <p>Part 3: Bullying</p> <ul style="list-style-type: none"> Bullying - Activity Plan - English Bullying - Activity Plan - Gaelic RESOURCE – Prim Ed – Developing Awareness of Health and Personal Development Series (School to Purchase) <ul style="list-style-type: none"> Book 4 (Year 4/P5) – Pages 68-69 	<ul style="list-style-type: none"> Uses correct terminology for all private body parts and reproductive organs, for example, breasts, clitoris. Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings. Demonstrates an understanding of diversity in sexuality and gender identity. Describes ways of keeping hygienic during puberty. <ul style="list-style-type: none"> Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help. Explains own rights and responsibilities in relation to abuse. Describes the concept of consent
Sexual Health and Sexuality	<p>I am able to describe how human life begins and how a baby is born. HWB 2-50a</p>	<ul style="list-style-type: none"> Revise as P4- Parts of the body and their function Explore- Pollination of flowers Reproduction in other animals 	<p>FURTHER RESOURCES</p> <ul style="list-style-type: none"> Pollination Power Point (GM -translation in process) Reproduction Process (GM –translation in process) RESOURCE - BBC Bitesize Website - How do animals reproduce? - English 	<ul style="list-style-type: none"> Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth. Gives reasons why contraception may be used, for example, to prevent pregnancy and infection. Describes some symptoms of pregnancy
Role of Parent/Carer	<p>I can describe the role of a parent/carer and the skills, commitment and qualities the role requires. HWB 2-51a</p>	<ul style="list-style-type: none"> Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour. 	<p>RSHP: Being a parent/carer</p> <p>Part 1: What does a parent/carer need to know and do?</p> <ul style="list-style-type: none"> What does a Parent/Carer need to know and do? - Activity Plan - English What does a parent/carer need to know and do? - Activity Plan - Gaelic 	<ul style="list-style-type: none"> Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour.