

# Lewis Primaries – Health and Wellbeing Planner (Second Level – P7)

**Class/group:** \_\_\_\_\_ **Teacher:** \_\_\_\_\_ **Session:** \_\_\_\_\_ **Term:** \_\_\_\_\_

## Skills and Progression – Second Level

Organiser	Experiences & Outcomes	Skills Progression P7	Suggested Resources	Benchmarks (to be achieved by the end of second level P7)
Positive Relationships	<p>I understand that a wide range of different kinds of friendships and relationships exist. <b>HWB 2-44a</b></p> <p>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others. <b>HWB 2-44b</b></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. <b>HWB 2-45a</b></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. <b>HWB 2-45b</b></p>	<ul style="list-style-type: none"> <li>Discuss and explain why there are differences between different types of relationships.</li> <li>Provide reasons why positive relationships can impact on health and wellbeing.</li> <li>Discuss and explain why actions may have an impact on others' health and wellbeing.</li> </ul> <p>ICE PACK - What do I feel?</p> <ul style="list-style-type: none"> <li>Choose and practise appropriate strategies to help deal with changing relationships and explain why these can have a positive impact on emotional wellbeing.</li> <li>Discuss and explain why there is a need to respect personal space and boundaries.</li> <li>Recognise and explain how to respond appropriately to verbal and non-verbal communication.</li> </ul>	<p><b>P7 RSHP: Love and relationships:</b> <b>Part 1: What is love?</b></p> <ul style="list-style-type: none"> <li><a href="#">You Tube Clip - 100 Kids Describe Love</a></li> <li><a href="#">What is Love? Powerpoint - English</a></li> <li><a href="#">What is Love? Powerpoint - Gaelic</a></li> </ul> <p><b>Part 2: CNES planner: Being attracted to someone</b></p> <ul style="list-style-type: none"> <li><a href="#">You Tube Clip - My Love Is Like A Red, Red, Rose</a></li> </ul> <p><b>Spectacular Animated Heinz's New Baked Bean Ad (2017)</b></p> <ul style="list-style-type: none"> <li><a href="#">You Tube Clip - Spectacular Animated Heinz's New Baked Bean Advert (2017)</a></li> </ul>	<ul style="list-style-type: none"> <li>Identifies different kinds of friendships and relationships.</li> <li>Identifies the skills required to manage changing relationships, for example, tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect.</li> <li>Explains the impact of positive relationships on emotional wellbeing.</li> </ul>
Physical Changes	<p>I recognise that how my body changes can affect how I feel about myself and how I may behave. <b>HWB 2-47a</b></p> <p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. <b>HWB 2-48a</b></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. <b>HWB 2-49a</b></p>	<ul style="list-style-type: none"> <li>Recognise and explain why some body changes can affect how I feel about myself and how I may behave.</li> <li>Identify strategies and techniques that can used to manage these e.g. relaxing techniques, speaking to someone, taking time out, Decider Skills, Emotion Works.</li> <li>Use the correct terminology to describe some physical and emotional changes that occur during puberty e.g. reproductive organs, erections, wet dreams, masturbation.</li> <li>Describe how some of the changes identified above would lead to changes in personal hygiene routine.</li> <li>Describe a good personal hygiene routine which positively affect emotional, social and physical wellbeing.</li> <li>Raise awareness that there is diversity in sexuality and gender identity.</li> <li>Explore and develop skills required to manage changing relationships such as tolerance, empathy, loyalty, kindness, resilience, mutual trust and respect.</li> <li>Discuss different forms of abuse and explain why they are wrong.</li> <li>Discuss different ways of how to keep myself safe and can explain how and where to get help.</li> </ul>	<p><b>P7 - RSHP: My body - Part 1: Names of parts of my body</b></p> <ul style="list-style-type: none"> <li><a href="#">Names of the Parts of my Body - Part 1 Powerpoint - English</a></li> <li><a href="#">Names of the Parts of my Body - Part 1 Powerpoint -Gaelic</a></li> <li><a href="#">Names of the Parts of my Body (Worksheet 1) - English</a></li> <li><a href="#">Names of the Parts of my Body (Worksheet 1) - Gaelic</a></li> <li><a href="#">Names of the Parts of my Body (Unlabelled Worksheet 2) - English</a></li> <li><a href="#">Names of the Parts of my Body (Unlabelled Worksheet 2) - Gaelic</a></li> <li><a href="#">Names of the Parts of my Body (Labelled Worksheet 2) - English</a></li> <li><a href="#">Names of the Parts of my Body (Labelled Worksheet 2) - Gaelic</a></li> </ul> <p><b>Part 2: My body is changing (including menstruation)</b></p> <ul style="list-style-type: none"> <li><a href="#">My Body is Changing Powerpoint - English</a></li> <li><a href="#">My Body is Changing Powerpoint - Gaelic</a></li> <li><b>God's Loving Plan (amended) – Primary 7 Part 3 Powerpoint (School to request permission to purchase and use from the Scottish Catholic Education Service.)</b></li> <li><a href="#">RESOURCE - Some of Your Bits - NHS Health Promotion Publication</a></li> <li><a href="#">RESOURCE - 4 You - Growing up - What it is all About - NHS Booklet</a></li> <li><a href="#">RESOURCE – Prim Ed – Developing Awareness of Health and Personal Development Series (School to Purchase)</a> <ul style="list-style-type: none"> <li><a href="#">Book 6 (Year 6/P7) – Pages 44-45</a></li> </ul> </li> </ul> <p><b>Diversity for all</b></p> <ul style="list-style-type: none"> <li><a href="#">Challenging Stereotypes Powerpoint - English</a></li> <li><a href="#">Challenging Stereotypes Powerpoint - Gaelic</a></li> <li><a href="#">Embracing Our Differences Powerpoint - English</a></li> <li><a href="#">Embracing Our Differences Powerpoint - Gaelic</a></li> </ul>	<ul style="list-style-type: none"> <li>Identifies positive things about own body image and appearance.</li> <li>Identifies strategies to manage emotions, for example, relaxation techniques, speaking to someone, taking time out.</li> <li>Uses correct terminology for all private body parts and reproductive organs, for example, breasts, clitoris.</li> <li>Describes the physical and emotional changes during puberty including erections, wet dreams, pubic hair, masturbation, menstruation, hormones, mood swings.</li> <li>Demonstrates an understanding of diversity in sexuality and gender identity.</li> <li>Describes ways of keeping hygienic during puberty.</li> <li>Identifies abusive and bullying behaviour, for example, on-line, face to face and knows where to go for help.</li> <li>Explains own rights and responsibilities in relation to abuse.</li> <li>Describes the concept of consent</li> </ul>

# Lewis Primaries – Health and Wellbeing Planner (Second Level – P7 Continued)

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## Skills and Progression – Second Level

Organisers	Experiences & Outcomes	Skills Progression P7	Suggested Resources	Benchmarks (to be achieved by the end of second level P7)
<b>Sexual Health and Sexuality</b>	I am able to describe how human life begins and how a baby is born. <b>HWB 2-50a</b>	<ul style="list-style-type: none"> <li>Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth.</li> <li>Gives reasons why contraception may be used, for example, to prevent pregnancy and infection.</li> <li>Describes some symptoms of pregnancy</li> </ul>	<p><b>RSHP: Our Changing Bodies (Activity Plan/Slides)</b></p> <ul style="list-style-type: none"> <li><a href="#">Our Changing Bodies Powerpoint - English</a></li> <li><a href="#">Our Changing Bodies Powerpoint - Gaelic</a></li> </ul> <p><b>RSHP: How human life begins – pregnancy and birth (Activity plan/slides)</b></p> <ul style="list-style-type: none"> <li><a href="#">How Human Life Begins Powerpoint- English</a></li> <li><a href="#">How Human Life Begins- Powerpoint - Gaelic</a></li> <li><a href="#">Conception to Birth Activity Plan and Worksheet - English</a></li> <li><b>RESOURCE – Prim Ed – Developing Awareness of Health and Personal Development Series (School to Purchase)</b> <ul style="list-style-type: none"> <li><b>Book 6 (Year 6/P7) – Pages 46-49</b></li> </ul> </li> <li><b>God’s Loving Plan (amended) – Primary 7 Part 3 Powerpoint (School to request permission to purchase and use from the Scottish Catholic Education Service.)</b></li> </ul> <p><b>BBC Bitesize - Reproduction</b></p>	<ul style="list-style-type: none"> <li>Describes human conception and birth, for example, sexual intercourse, egg and sperm, giving birth.</li> <li>Gives reasons why contraception may be used, for example, to prevent pregnancy and infection.</li> <li>Describes some symptoms of pregnancy</li> </ul>
<b>Role of Parent/Carer</b>	I can describe the role of a parent/carer and the skills, commitment and qualities the role requires. <b>HWB 2-51a</b>	<ul style="list-style-type: none"> <li>Discuss, describe and explain the role of a parent/carer and the skills, commitment and qualities the role requires.</li> </ul>	<p><b>Part 2: If I were a parent or carer</b></p> <ul style="list-style-type: none"> <li><a href="#">Being a Parent or Carer - Activity Plan - English</a></li> <li><a href="#">Being a Parent or Carer - Activity Plan - Gaelic</a></li> </ul> <p><b>Northern Alliance – The Great Big Book of Families</b></p> <p><b>RESOURCE - The Great Big Book of Families</b></p>	<ul style="list-style-type: none"> <li>Describes skills and qualities required to be a parent / carer, for example, commitment, love, patience, sense of humour.</li> </ul>