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| **Curriculum For Excellence: HWB**  **Experiences and Outcomes: FIRST LEVEL** | **Please tick ✓** | | | **Comments** |
| **Mental and Emotional wellbeing** | | | | |
| I am aware of and able to express my feelings and am developing the ability to talk about them.  **HWB 1-01a** |  |  |  |  |
| I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.  **HWB 1-02a** |  |  |  |  |
| I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.  **HWB 1-03a** |  |  |  |  |
| I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.  **HWB 1-04a** |  |  |  |  |
| I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.  **HWB 1-05a** |  |  |  |  |
| I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.  **HWB 1-06a** |  |  |  |  |
| I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.  **HWB 1-07a** | **Please tick ✓** | | | **Comments** |
| I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.  **HWB 1-08a** |  |  |  |  |
| **Social wellbeing** | | | |
| As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.  **HWB 1-09a** |  |  |  |  |
| I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.  **HWB 1-10a** |  |  |  |  |
| I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.  **HWB 1-11a** |  |  |  |  |
| Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.  **HWB 1-13a** |  |  |  |  |
| I value the opportunities I am given to make friends and be part of a group in a range of situations.  **HWB 1-14a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| **Physical activity and health** | | | |
| I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.  **HWB 1-15a** |  |  |  |  |
| I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.  **HWB 1-16a** |  |  |  |  |
| I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.  **HWB 1-17a** |  |  |  |  |
| **Planning for choices and changes**  **Expectations and Aspirations** | | | |
| Through taking part in a variety of events and activities, I am learning to recognise my own skills and abilities as well as those of others.  **HWB 1-19a** |  |  |  |  |
| I can describe some of the kinds of work that people do and I am finding out about the wider world of work.  **HWB 1-20a** |  |  |  |  |
| I am discovering ways that I can link actions and skills to create movement patterns and sequences. This has motivated me to practise and improve my skills to develop control and flow.  **HWB 1-21a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| I am developing skills and techniques and improving my level of performance and fitness.  **HWB 1-22a** |  |  |  |  |
| I can follow and understand rules and procedures, developing my ability to achieve personal goals. I recognise and can adopt different roles in a range of practical activities.  **HWB 1-23a** |  |  |  |  |
| I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.  **HWB 1-24a** |  |  |  |  |
| Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and outdoor space.  **HWB 1-25a** |  |  |  |  |
| **Relevance of learning to future choices** | | | |
| **Physical activity and health** |  | | |
| **Diet rest and Sleep** |
| I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest, to look after my body.  **HWB 1-27a** |  |  |  |  |
| I understand that my body needs energy to function and that this comes from the food I eat. I am exploring how physical activity contributes to my health and wellbeing.  **HWB 1-28a** |  |  |  |  |
| **Substance Misuse** |  | | |
| **Use of substances** |
| I know that there are medicines and some other substances that can be used in a safe way to improve health and I am becoming aware of how choices I make can affect my health and wellbeing.  **HWB 1-38a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| **Action in unsafe situations** |  | | |
| I can show ways of getting help in unsafe situations and emergencies.  **HWB 1-42a** |  |  |  |  |
| **Relationships, sexual health and parenthood** |  | | |
| **Positive Relationships** |  |
| I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.  **HWB 1-44a** |  |  |  |  |
| I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.  **HWB 1-44b** |  |  |  |  |
| 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 1-45a** |  |  |  |  |
| 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 1-45b** |  |  |  |  |
| **Physical Changes** |  |  |  |  |
| I recognise that we have similarities and differences but are all unique.  **HWB 1-47a** |  |  |  |  |
| **Sexual health and sexuality** |  |  |  |  |
| I am aware of my growing body and I am learning the correct names for its different parts and how they work. **HWB 1-47b** |  |  |  |  |
| I am learning what I can do to look after my body and who can help me.  **HWB 1-48a** |  |  |  |  |
|  | **Please tick ✓** | | | **Comments** |
| 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 1-49a** |  |  |  |  |
| **Role of Parent/carer** |  | | |
| I am learning about where living things come from and about how they grow, develop and are nurtured.  **HWB 1-50a** |  |  |  |  |
| I am able to show an awareness of the tasks required to look after a baby.  **HWB 1-51a** |  |  |  |  |