First Level Health and Wellbeing Resources (P3-4)

Dance

<https://www.gonoodle.com/>

Yoga

<https://www.cosmickids.com/>

Safe

<https://roadsafety.scot/learning/>

<https://healthyschools.scot/lessonplans/healthy-lifestyles-first-level-safe/>

<https://www.everyschool.co.uk/pshe-key-stage-1-keep-safe-and-healthy.html>

<https://www.bbc.co.uk/bitesize/topics/zfcvhbk/articles/zkcj92p>

<https://www.thinkuknow.co.uk/>

<https://healthyschools.scot/level/1st-level-pepas/>

Express Yourself

<https://healthyschools.scot/lessonplans/healthy-lifestyles-first-level-respected/>