First Level Health and Wellbeing Resources (P4/P5)

Dance

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

Yoga

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

Fitness

P4 - <https://healthyschools.scot/lessonplans/pepas-first-level-active/>

P5- https://healthyschools.scot/lessonplans/pepas-second-level-active/

Safe

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

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

P4- <https://healthyschools.scot/lessonplans/healthy-lifestyles-first-level-safe/>

P5 - <https://healthyschools.scot/lessonplans/healthy-lifestyles-second-level-safe/>

<https://www.redcross.org.uk/get-involved/teaching-resources/introducing-emergencies-primary>

Food

<https://www.foodafactoflife.org.uk/>

P4 - <https://healthyschools.scot/lessonplans/food-health-first-level-safe/>

P5 - <https://healthyschools.scot/lessonplans/food-health-second-level-safe/>