

HEALTH & WELLBEING OVERVIEW Second Level

		Substance Misuse	Food & Health	Relationships, Sexual Health & Parenthood
Whole School Events	Assemblies Buddying Skills for Work Week? Establishing Class Charters Assemblies	Assemblies, Outright Day Anti-Bullying Week Christmas Jumper Day, Buddying Road Safety Children in Need	Assemblies Buddying Shared Reading- World Book Day Up Helly Aa	Assemblies Buddying UNICEF Day for Change, Class Trips, Sports Days Olympics, Healthy Eating Week
Primary 7	Interdisciplinary Learning: Plants & Growing or Rainforest	Interdisciplinary Learning: WWI/WWII I understand the impact that misuse of substances can have on individuals, their families and friends. HWB 2-43a I know that alcohol and drugs can affect people's ability to make decisions. HWB 2-40a I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. HWB 2-39a	Interdisciplinary Learning: Fair Trade HWB2-35a When preparing and cooking a variety of foods, I am becoming aware of journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability. HWB2-36a By investigating food labelling systems, I can begin to understand how to use them to make healthy food choices. HWB2-37a I can understand how advertising and the media are used to influence consumers. I enjoy eating a diversity of foods in a range of social situations. HWB 2-29a Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing. HWB 2-33a	Interdisciplinary Learning: Dynamic Earth and Living and Growing I am able to describe how human life begins and how a baby is born. HWB 2-50a I can describe the role of a parent/carer and the skills, commitment and qualities the role requires. HWB 2-51a
Primary 6	Interdisciplinary Learning: The Human Body HWB 2-15a I am developing my understanding of the human body & can use this knowledge to maintain my wellbeing & health. HWB 2-30a By applying my k/u of current healthy eating advice I can contribute to a healthy eating plan. HWB 2-32a I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods. HWB 2-33a Having learned about cleanliness, hygiene & safety, I can apply these principles to everyday routines, understanding their importance to health & wellbeing.	Interdisciplinary Learning: Victorians I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions. HWB 2-39a I know that alcohol and drugs can affect people's ability to make decisions. HWB 2-40a I can identify the different kinds of risks associated with the use and misuse of a range of substances. HWB 2-41a	Interdisciplinary Learning: Europe or France or Germany I enjoy eating a diversity of foods in a range of social situations. HWB 2-29a I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods. HWB 2-32a Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing. HWB 2-33a Through exploration and discussion, I can understand that food practices and preferences are influenced by factors such as food sources, finance, culture and religion. HWB 2-34a	Interdisciplinary Learning: Electricity & Forces and Living and Growing 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 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
Primary 5	Interdisciplinary Learning: Space	Interdisciplinary Learning: Staying Safe (Substance Misuse, First Aid, Mental Health) HWB2-38a I understand the effect that a range of substances including tobacco and alcohol can have on the body. HWB2-40a I know that alcohol and drugs can affect people's ability to make decisions. HWB2-41a I can identify the different kinds of risks associated with the use and misuse of a range of substances. HWB2-42a I know of actions to take to help someone in an emergency. HWB2-01a I am aware of and able to express my feelings and am developing the ability to talk about them. HWB2-06a 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.	Interdisciplinary Learning: Stewart Scotland I enjoy eating a diversity of foods in a range of social situations. HWB 2-29a By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan. HWB 2-30a Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing. HWB 2-33a	Interdisciplinary Learning: Epic Earth or Water I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a 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

HEALTH & WELLBEING OVERVIEW First Level

<p>Primary 4</p>	<p>Interdisciplinary Learning: Scotland</p>	<p>Interdisciplinary Learning: Forces and Energy or TOYS and George's Marvellous Medicine</p> <p>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</p> <p>I know how to react in unsafe situations and emergencies. HWB 1-42a</p>	<p>Interdisciplinary Learning: Food/Healthy Eating</p> <p>I enjoy eating a diversity of foods in a range of social situations. HWB 1-29a</p> <p>By investigating the range of foods available I can discuss how they contribute to a healthy diet. HWB 1-30a</p> <p>I experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks. HWB 1-30b</p> <p>I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. HWB 1-33a</p> <p>When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability. HWB 1-35a</p> <p>I am discovering the different ways that advertising and the media can affect my choices. HWB 1-37a</p>	<p>Interdisciplinary Learning: Castles and Growing Up</p> <p>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</p> <p>I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 1-50a</p> <p>I am able to show an awareness of the tasks required to look after a baby. HWB 1-51a</p> <p>I am beginning to understand that nutritional needs change at different stages of life, for example the role of breastfeeding in infant nutrition. HWB 1-32a</p>
<p>Primary 3</p>	<p>Interdisciplinary Learning: Healthy Bodies</p> <p>HWB 1-47b I am aware of my growing body and I am learning the correct names for its different parts and how they work, HWB 1-48a I am learning what I can do to look after my body and who can help me. HWB 1-49a 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 1-38a 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 1-42a I know how to react in unsafe situations and emergencies.</p>	<p>Interdisciplinary Learning: Climate</p> <p>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</p> <p>I know how to react in unsafe situations and emergencies. HWB 1-42a</p>	<p>Interdisciplinary Learning: Vikings</p> <p>I enjoy eating a diversity of foods in a range of social situations. HWB 1-29a</p> <p>By investigating the range of foods available I can discuss how they contribute to a healthy diet. HWB 1-30a</p> <p>I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. HWB 1-33a</p> <p>When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability. HWB 1-35a</p> <p>I am discovering the different ways that advertising and the media can affect my choices. HWB 1-37a</p>	<p>Interdisciplinary Learning: Shetland</p> <p>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</p>
<p>Significant Aspects of Learning</p>	<p><u>Physical</u> Explains how the body changes as we grow and how to look after it</p> <p><u>Sexual Health and Sexuality</u> Understands the importance of respect for the body and how to keep it safe.</p> <p><u>Use of substances</u> Describes how individual choices about substance can impact on health</p> <p><u>Action in unsafe</u> Describes how to react in unsafe and emergency situations</p>	<p><u>Use of substances</u> Describes how individual choices about substance can impact on health</p> <p><u>Action in unsafe</u> Describes how to react in unsafe and emergency situations</p>	<p><u>The food experience</u> Tastes and tries a range of foods and explains their preferences</p> <p><u>Developing healthy choices</u> Identifies a range of foods to be part of a healthy diet</p> <p><u>Keeping safe and hygienic</u> Applies knowledge of hygiene routines independently</p> <p><u>The journey from farm to fork</u> During a practical food activity can describe the journey food makes from source to plate. Discusses and understands how advertising may influence their food choices.</p>	<p><u>Role of parent/carer</u> Knows that care can come from a variety of people and that all families are different</p>
<p>Primary 2</p>	<p>Interdisciplinary Learning: Houses & Homes/Fairyland</p>	<p>Interdisciplinary Learning: Owl Who was Afraid of the Dark/Light & Dark</p> <p>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</p> <p>I know and can demonstrate how to travel safely. HWB 1-18a</p> <p>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</p>	<p>Interdisciplinary Learning: Famous People</p> <p>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</p> <p>I enjoy eating a diversity of foods in a range of social situations. HWB 1-29a</p> <p>I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. HWB 1-33a</p>	<p>Interdisciplinary Learning: Living Things/Sea and Seashore</p> <p>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</p> <p>I recognise that we have similarities and differences but are all unique. HWB 1-47a</p> <p>I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 1-50a</p> <p>I am able to show an awareness of the tasks required to look after a baby. HWB 1-51a</p>

HEALTH & WELLBEING OVERVIEW Early Level

<h3>Primary 1</h3>	<p>Interdisciplinary Learning: Me and My School HWB 0-47a I recognise that we have similarities and differences but are all unique. HWB 0-47b I am becoming aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-48a I am learning what I can do to look after my body and who can help me. HWB 0-49a 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.</p> <p>I recognise that we have similarities and differences but are all unique. HWB 0-47a</p> <p>I am learning what I can do to look after my body and who can help me. HWB 0-48a</p> <p>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 0-49a</p>	<p>Interdisciplinary Learning: Pirates/Ancient Egypt</p> <p>I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances. HWB 0-38a</p> <p>I can show ways of getting help in unsafe situations and emergencies. HWB 0-42a</p>	<p>Interdisciplinary Learning: The Hungry Caterpillar HWB 0-29a I enjoy eating a diversity of foods in a range of social situations. HWB 0-30a Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. HWB 0-32a I know that people need different kinds of food to keep them healthy. HWB 0-33a I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I can apply this knowledge in my everyday routines such as taking care of my teeth. HWB 0-35a I explore and discover where food comes from as I choose, prepare and taste different foods.</p>	<p>Interdisciplinary Learning: On the Farm</p> <p>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 0-45a</p> <p>I am aware of my growing body and I am learning the correct names for its different parts and how they work. HWB 0-47b</p> <p>I am learning about where living things come from and about how they grow, develop and are nurtured. HWB 0-50a</p> <p>I am able to show an awareness of the tasks required to look after a baby. HWB 0-51a</p>
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