

Experiences and Outcomes		Benchmarks Suggested Online Resources	Learning Intentions / Success Criteria
Planning for choices and changes Expectations and Aspirations Relevance of learning to future choices	<p>I can describe some of the kinds of work that people do and I am finding out about the wider world of work.</p> <p style="text-align: center;">HWB 0-20a</p>	<ul style="list-style-type: none"> • Shares aspirations and goals for the future. • Talks about own learning, strengths and next steps. • Discusses some of the rewards that a job brings, for example, meeting new people, money, helping others. • Communicates with others about different jobs in the community. 	<ul style="list-style-type: none"> •
Physical activity and health Diet, rest and sleep	<p>I know that being active is a healthy way to be.</p> <p style="text-align: center;">HWB 0-27a</p> <p>I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body.</p> <p style="text-align: center;">HWB 0-28a</p>	<ul style="list-style-type: none"> • Demonstrates different ways of being active, for example, energetic play. • Identifies how being active affects their body, for example, raised heartbeat, getting hot. • Gives reasons why being active is good for health. 	<ul style="list-style-type: none"> •
Use of substances Action in unsafe situations	<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.</p> <p style="text-align: center;">HWB 0-38a</p> <p>I can show ways of getting help in unsafe situations and emergencies.</p> <p style="text-align: center;">HWB 0-42a</p>	<ul style="list-style-type: none"> • Identifies which substances may be helpful and which may be harmful in given situations. • Suggests ways to get help in unsafe and emergency situations, for example, seeking out an adult. • Names the emergency services. 	<ul style="list-style-type: none"> •
Relationships, sexual health and parenthood	<p>I recognise that we have similarities and differences but are all unique.</p> <p style="text-align: center;">HWB 0-47a</p> <p>(HWB 0-10)</p>	<ul style="list-style-type: none"> • Identifies body differences and similarities. 	<ul style="list-style-type: none"> • I recognise that people are individual and unique. • I can give examples of similarities and differences in my group.

Physical changes

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

I am learning what I can do to look after my body and who can help me.

HWB 0-48a

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

Sexual health and sexuality

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.

0-45a

(HWB 0-44a, HWB 0 – 44b)

<https://rshp.scot/wp-content/uploads/2019/08/Unique-Similar-and-Different-Early-Level.pdf>

- Describes how bodies change as they grow. Identifies body parts using correct names, for example, penis, testicles, vulva and nipples.

- <https://rshp.scot/wp-content/uploads/2019/08/My-Body-Early-Level.pdf>

- Demonstrates modesty and privacy through, for example, closing toilet doors.

- Manages personal space with respect towards self and others.

- Demonstrates an understanding of the concept, 'my body belongs to me'.

<https://rshp.scot/wp-content/uploads/2019/08/My-Body-Belongs-to-Me-Early-Level.pdf>

<https://rshp.scot/wp-content/uploads/2019/08/Personal-Space-and-Privacy-Early-Level.pdf>

- I am beginning to understand that treating someone badly/poorly based on a difference is not okay.
- I understand that everybody has different special qualities.
 - I know that there are parts of our body that are the same as others and parts that are different such as colour of hair, eyes, skin, height, size and weight.
- I know that all of us have differences which make us unique.

- I know my body changes as I grow
- I know that external body parts have names
 - I am beginning to know that some parts of my body are private
- I understand that there are differences between boys and girls.

- I understand that my body is mine.
- I understand about personal space.
- I am beginning to understand what private means and when privacy is necessary.
- I am beginning to know that some parts of my body are private.
- I am beginning to understand about respect for my body.

Role of parent/carer

I am learning about where living things come from and about how they grow, develop and are nurtured.

HWB 0-50a

(SCN 0-1a / 3a)

I am able to show an awareness of the tasks required to look after a baby.

HWB 0-51a

- Recognises and communicates uncomfortable feelings in relation to a person or situation using, for example, the 3-step model: say no, go away, talk to someone you trust.

<https://rshp.scot/wp-content/uploads/2019/08/When-I-feel-sad-or-upset-Early-Level.pdf>

- Identifies people who can help, for example, teachers, family members.
- Recognises that care can come from a variety of different people.
- Identifies that families may be made up of different people.

<https://rshp.scot/wp-content/uploads/2019/08/Unique-Similar-and-Different-Early-Level.pdf>

<https://rshp.scot/wp-content/uploads/2019/08/People-who-help-and-look-after-me-Early-Level.pdf>

- Gives examples of where living things

- I can explain basic hand cleaning and dental care routines.
- I know why keeping clean is important and how to take responsibility for some of this.

- I am beginning to understand about touching and what is appropriate and what isn't.
- I am learning how to react if I feel uncomfortable with someone.
- I know who can help me and keep me safe and who I can talk to if I am worried.
- I am beginning to understand about appropriate closeness and touch with different people.
- I am learning how to react if I feel uncomfortable with someone.

- I know that I have a right to be cared for in certain ways and why this is important
- I am beginning to understand that my body and mind both need to be looked after.
- I know who can help me and keep me safe and who I can talk to if I am worried.

come from, for example, plants from seeds, fish from eggs.

- Explains that living things need food, water and care to grow and survive.

<https://rshp.scot/wp-content/uploads/2019/08/Looking-after-plants-and-animals-Early-Level.pdf>

- Describes the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding, sleeping.

<https://rshp.scot/wp-content/uploads/2019/09/Pregnancy-and-Looking-after-a-baby-Early-Level.pdf>

- I understand that families are made up of lots of different people who care for us.
- I can think about my own family.
- I know that I have a right to be cared for in certain ways and why this is important.
- I know that care can be different and come from different people.
 - I understand there are lots of types of family.
 - I appreciate that everyone comes from different kinds of families.
 - I am learning to respect how people's lives are different.
 - I am learning that adults have different roles to play in helping us such as parent, carer, teacher, doctor.
- I know that I have a right to be cared for in certain ways and why this is important.
- I know that care can be different and come from different people.

I am beginning to co-operate and share with others.

 - I am beginning to understand why friends are important.
 - I am developing friendships.
 - I know that it is important to get along with others.
 - I am learning what manners are and why they are important.
 - I am learning to listen to others.
 - I am learning how to use positive verbal and body language.
 - I can discuss what a friend is and I am learning to make new friends.
 - I understand about personal space.
 - I know what a living thing is and what it needs such as food, growth.

			<ul style="list-style-type: none">• I understand that different living things have different needs.• I understand and can name the life cycles of some plants and animals.• I am beginning to learn what is the same and what is different about life cycles.• I understand that some animals rely on a parent/carer for food.• I am beginning to relate some of this learning to myself and can discuss. <ul style="list-style-type: none">• I understand that all humans are part of a life cycle with different stages.• I know, understand and can discuss some of a baby's basic needs such as feeding, changing, washing, cuddling and sleeping.• I can demonstrate some basic skills needed to look after a baby.
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