

Chatelherault Primary School

PSE and RSHP Planners

First Level 2021 P3

Experiences and Outcomes		Benchmarks	Learning Intentions / Success Criteria
		Suggested Online Resources	
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>HWB 1-20a</p>	<ul style="list-style-type: none"> • Talks about own strengths, interests and skills and links these to career ambitions. • Sets learning goals and works towards achieving them. • Talks about the world of work, for example, from visits, visitors and interdisciplinary learning. • Describes skills needed for different jobs in the community. 	<ul style="list-style-type: none"> •
Physical activity and health Diet, rest and sleep	<p>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</p> <p>HWB 1-27a</p> <p>I understand that my body needs energy to function and that this comes from the food that I eat. I am exploring how physical activity contributes to my health and wellbeing.</p> <p>HWB 1-28a</p>	<ul style="list-style-type: none"> • Suggests different ways of being active and the positive effect this can have on health. • Articulates how much sleep is needed in childhood and why this is important. • Explains that food is the fuel that gives the body energy. 	<ul style="list-style-type: none"> •
Use of substances	<p>I know that there are medicines and some other substances that can be used in a safe way to improve</p>	<ul style="list-style-type: none"> • Identifies conditions which require medication and how it benefits health. • Identifies why misusing medication can be harmful. • Links personal actions to health and wellbeing, using role play for example. 	<ul style="list-style-type: none"> •

<p>Action in unsafe situations</p>	<p>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>	<ul style="list-style-type: none"> • Describes when and how to contact emergency services. • Shares key information about an emergency situation. 	
<p>Relationships, sexual health and parenthood</p> <p>Physical changes</p>	<p>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships. HWB 1-44a</p> <p>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to. HWB 1-44</p>	<p>Responsibility of All</p> <p>https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Kindness-and-Empathy.pdf</p> <p>https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08oneillrobbie2_glow_sch_uk/Ee_aN6QvEFhJgatGZLPYRcUBzB3V71Kz0WX8hBsfCOUQmQ?e=0LuevR</p> <p>https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Feeling-Safe-Activity-plan.pdf</p> <p>https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08oneillrobbie2_glow_sch_uk/Ee56r14MPqNJo_H1Df6u1tUBlgTzZohH6hJt6KcFbzBjNQ?e=K98KP6</p> <p>https://www.youtube.com/watch?v=KyTqFe55bwg&feature=youtu.be</p>	<ul style="list-style-type: none"> • I can talk about how to make and sustain friendships. • I understand the importance of kindness and empathy. • I understand that friends have disagreements and can think of positive ways to cope and respond. • I can communicate my feelings. • I can discuss friendships and relationships. • I know who can help me and keep me safe and who

<p>Sexual health and sexuality</p>	<p>I recognise that we have similarities and differences but are all unique. HWB 1-47a</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 1-47b</p> <p>I am learning what I can do to look after my body and who can help me. HWB 1-48a</p>	<ul style="list-style-type: none"> • Recognises that everyone is unique and identifies similarities and differences. • Explains that development and growth of each individual is different. <p>https://rshp.scot/wp-content/uploads/2019/08/Part-2.-We-are-Similar-and-Different-Activity-plan.pdf</p> <p>https://rshp.scot/wp-content/uploads/2019/07/Part-2.-We-are-Similar-and-Different-Prop-1.pdf</p> <p>https://www.youtube.com/watch?v=St6t1WvbysU&feature=youtu.be</p> <p>https://www.inspiringthefuture.org/redraw-the-balance/</p> <ul style="list-style-type: none"> • Identifies the correct words for body parts and their functions, for example, womb, scrotum, ovaries, vagina. • Explains about own and others' needs for privacy. • Expresses feelings through appropriate closeness to others. <p>https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Private-and-the-PANTS-rule-Activity-plan.pdf</p> <p>https://glowscotland-my.sharepoint.com/:b/g/personal/gw08oneillrobbie2_glow_sch_uk/EVTEtEd5b3IEuhOcRi7BjU8BIRTiWOsgDw3yGo_JWRoEmQ?e=FTmWbD</p> <p>https://rshp.scot/wp-content/uploads/2019/08/Keeping-clean.pdf https://www.youtube.com/watch?v=jQ2e0KH5Wrl&feature=youtu.be</p>	<p>I can give examples of what makes me a unique individual.</p> <ul style="list-style-type: none"> • I show respect for others. • I understand that a child with a disability is a child first. <ul style="list-style-type: none"> • I can explain that parts of my body are private and that this applies to others too. • I can explain that my body belongs to me. • I can say who I would go to if I have a question or worry <ul style="list-style-type: none"> • I can talk about why keeping clean/hygiene is important to health. • I can describe what I can do to maintain personal hygiene, including washing my hands and when I go to the toilet.
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	<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.</p> <p>HWB 1-49a</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.</p> <p>HWB 1-45a</p> <p>I am learning about where living things come from and about how they grow, develop and are nurtured.</p> <p>HWB 1-50a Science links</p> <p>I am able to show an awareness of the</p>	<ul style="list-style-type: none"> • Articulates the right to respond to inappropriate behaviours, for example, using the 3-step model: say no, go away, talk to someone you trust. • Identifies who to talk to if worried or concerned. • Explains ways in which families may differ and that there are a variety of people who may care for us. <p>https://rshp.scot/wp-content/uploads/2019/08/Part-2.-When-I-have-a-question-or-worry.pdf</p> <p>https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08oneillrobbie2_glow_sch_uk/EYacDrSD8INHnPcpb7On-eIBnkCbUrRpqUsOf0ZC7rGC2w?e=60x0UK</p> <p>https://www.youtube.com/watch?v=CDrnuPj7xfs</p> <ul style="list-style-type: none"> • Explains changes to the body at different stages of life. • Identifies what is needed for growth and development of animals, plants and humans. <p>https://rshp.scot/wp-content/uploads/2019/07/Part-2.-Learning-about-Life-Cycles.pdf</p> <p>https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08oneillrobbie2_glow_sch_uk/EbNMIpA5jP5MhBzg3M5B27YBzMsWByNbajeEaJQe2Jtlpg?e=80Bylw</p>	<ul style="list-style-type: none"> • Children know that there are adults in their lives who care for them and look after them. • Children understand that who these adults are can be different for children. • Children understand that care can be physical and emotional. • I can identify the adults in my life who care for me and look after me. • I can talk about how adults care and look after me. • I can name who I can go to with a question or a worry <ul style="list-style-type: none"> • I can sequence the life cycle of specific animals. • I can investigate factors that affect the growth and development of living things.
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Role of parent/carer	tasks required to look after a baby. HWB 1-51a Link with Instructional Writing	<ul style="list-style-type: none"> Explains how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding. <p>https://rshp.scot/wp-content/uploads/2019/07/Part-3.-Looking-after-pets.pdf</p> <p>https://www.youtube.com/watch?v=FOLP8p0jSoA&feature=youtu.be</p>	<ul style="list-style-type: none"> I understand the responsibilities of pet ownership. I can describe how to care for a pet. I am beginning to understand and describe the things I need as a child to grow and develop.
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