

Chatelherault Primary School

PSE and RSHP Planners

First Level 2021 P4

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	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	<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	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 HWB 1-27a 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. HWB 1-28a	<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 Action in unsafe situations	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	<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>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>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-3.-When-friends-fall-out.pdf</p> <p>https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08on_eillrobbie2_glow_sch_uk/ET7PP-VPTLNpNUs2O9uZLeYB1Xli-jyb9U9ovxJ-BzEi8w?e=M3ZbZk</p> <p>https://rshp.scot/wp-content/uploads/2019/07/Part-3.-When-friends-fall-out-Prop-1-1.pdf</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.
<p>Physical changes</p>	<p>I recognise that we have similarities and differences but are all unique. HWB 1-47a</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. 	<ul style="list-style-type: none"> • I show respect for others. • I understand that how I look, how I behave, or my aspirations should not be limited by stereotypes, my sex or expectations of what boys and girls should do.
<p>Sexual health and sexuality</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>https://rshp.scot/wp-content/uploads/2019/08/Part-4.-Disability-Activity-plan.pdf</p> <p>https://attitudelive.com/player-page/kids-with-disabilities-luke/</p> <p>https://www.bbc.co.uk/newsround/23462775</p>	

	<p>I am learning what I can do to look after my body and who can help me. HWB 1-48a</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 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. HWB 1-45a</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. <ul style="list-style-type: none"> https://rshp.scot/wp-content/uploads/2019/08/Part-2.-Private-and-the-PANTS-rule-Activity-plan.pdf 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. Identify the different professionals who help me and how their role helps me in my everyday life. Explains ways in which families may differ and that there are a variety of people who may care for us. <ul style="list-style-type: none"> https://rshp.scot/wp-content/uploads/2019/08/Part-3.-Professionals.pdf https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08oneillrobbie2_glow_sch_uk/EX4eKSbZLh9Or5xOi8BoYtwBrJsoggzZNqCXtsuFD4DiMA?e=kWOkng https://rshp.scot/wp-content/uploads/2019/07/My-Family-Activity-plan.pdf https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08oneillrobbie2_glow_sch_uk/Ec3BrpPhZTBLiZv7BjCRb9cB85oRvbwNV4gkvQ7_uGkRGQ?e=NJo8Ok 	<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 I can name parts of my body. 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. 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.
--	--	---	---

<p>Role of parent/carer</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</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/2020/03/Part-1.-How-human-life-begins-pregnancy-and-birth-Activity-Plan-March-2020.pdf</p>	<ul style="list-style-type: none"> • I can identify the non-family/professional adults in my life who care for me and look after me. • I can talk about how these adults care and look after me. • I can name who I can go to if I need help.
	<p>I am able to show an awareness of the tasks required to look after a baby.</p> <p>HWB 1-51a</p>	<p>https://glowscotland-my.sharepoint.com/:b:/g/personal/gw08oneillrobbie2_glow_sch_uk/EUuclYMA3N9FIDXw3zuLv6sBdIXYm2gi_p-ZRjSPOAUF0w?e=oibLyC</p> <p>https://www.bbc.co.uk/bitesize/clips/zpmqxn</p> <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>SEE CONNECTING WITH HOME LETTER FOR PARENTS</p> <p>I can explain where living things come from, how a baby develops and is born.</p> <p>I can explain where living things come from, how a baby develops and is born.</p> <p>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.</p>