Jigsaw Scotland's Contribution to the Health and Wellbeing of Children in Primary 1

Curriculum for Excellence plays an essential role in promoting the health and well-being of children and young people and equally of all of those in the educational communities to which they belong. Learning through health and well-being promotes confidence, independent thinking and positive attitudes and dispositions.

Scotland's National Health and Wellbeing Framework for children and young people is underpinned by 8 key indicators (SHANARRI) as follows: Being Safe (S), Being Healthy (H), Achieving (A), Being Nurtured (N), Being Active (A), Being Respected (R), Taking Responsibility (R) and Being Included (I).

Educational settings working with children and young people are therefore well-placed to provide both universal and targeted health and wellbeing education and interventions to contribute to the SHANARRI outcomes. Also by aiming to Get It Right For Every Child (GIRFEC) there is an opportunity to help reduce inequality and 'narrow the gap'.

Jigsaw Scotland, the mindful approach to Health and Wellbeing, brings together Personal, Social, Health and Economic education in a comprehensive, structured scheme of work to fulfil the requirements of the Health and Wellbeing Curriculum's *Experiences and Outcomes* and SHANARRI. There is a strong emphasis on emotional literacy and nurturing mental health as the necessary underpinnings for learning with a unique mindfulness approach in every lesson. Jigsaw Scotland provides detailed lesson plans providing practitioners with everything they need to deliver creative teaching and learning activities.

Jigsaw comprehensively meets all the Experiences and Outcomes (Es and Os) for Health and Wellbeing (except those needing to be taught exclusively through Physical Education lessons) and **Table A below, provides teachers with a detailed map of the relevant Es and Os included in each Jigsaw lesson for Primary 1 children.**

Table B highlights the main cross-curricular links within each Primary 1 Jigsaw lesson to other Curriculum For Excellence subjects.

Jigsaw Scotland materials also include 5 formal assessment opportunities in each year group for teachers to assess pupil progress in Health and Wellbeing if desired. **Table C shows the individual Jigsaw lessons (pieces) where the assessment opportunities can be found within the Primary 1 materials, and maps these against any relevant Health and Wellbeing *benchmarks.***

To aid teachers' understanding of how Primary 1 fits within Jigsaw Scotland's overall progression of knowledge and skills from Early Level to Primary 7 a further document called *Curriculum for Excellence and Jigsaw Map Early Level to P7* can be requested and downloaded from the Jigsaw website (under the Jigsaw Scotland tab). This maps the complete scheme of work for all year groups against the Es and Os and benchmarks. The article *Jigsaw and the Scottish National Curriculum* (also found on the Jigsaw website) gives further explanation of how the programme's whole school, spiral and progressive approach ensures that the Health and Wellbeing Framework is fully addressed in a way that is accessible and exciting to both staff and children.

Table A: Jigsaw and the Experiences and Outcomes for Health and Wellbeing in Primary 1

Note: HWB 0-12a is covered by the Introductory Assembly materials, Weekly Celebrations and End of Puzzle Outcomes within the Jigsaw programme.

BEING ME IN MY WORLD	Note: In Piece 6 there are further opportunities for Technology/ Literacy/ Expressive Arts Experiences and Outcomes depending upon choice of activities chosen by the teacher.																						
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●			●	●	●	●		●		●	●	●					●		●	●	●
Piece (lesson) 2	●	●			●	●	●	●	●	●		●	●	●					●		●	●	●
Piece (lesson) 3	●	●			●	●	●		●	●		●	●	●					●		●	●	●
Piece (lesson) 4	●	●		●		●	●			●	●	●	●						●		●	●	●
Piece (lesson) 5	●	●		●		●	●		●			●	●						●		●	●	●
Piece (lesson) 6	●	●				●	●		●		●	●	●						●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●											●		●				●					
Piece (lesson) 2	●											●		●				●					
Piece (lesson) 3	●	●										●											
Piece (lesson) 4	●																						
Piece (lesson) 5	●	●																					
Piece (lesson) 6	●	●																					

CELEBRATING DIFFERENCE	Note: The teacher is free to include TCH 0-03a (Safe use of technology) within Piece (lesson) 4.																						
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●				●	●			●		●	●						●		●	●	●
Piece (lesson) 2	●	●				●	●			●		●	●	●					●		●	●	●
Piece (lesson) 3	●	●	●		●	●	●	●	●	●		●	●	●		●	●		●		●	●	●
Piece (lesson) 4	●	●	●	●	●	●	●	●	●	●		●	●	●		●	●		●		●	●	●
Piece (lesson) 5	●	●	●	●	●	●	●	●				●	●	●					●		●	●	●
Piece (lesson) 6	●	●			●	●	●				●	●	●	●					●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●	●										●				●							
Piece (lesson) 2	●	●										●				●							
Piece (lesson) 3	●	●										●	●										
Piece (lesson) 4	●	●									●	●	●	●				●					
Piece (lesson) 5	●	●										●	●	●				●					
Piece (lesson) 6	●											●				●							

DREAMS AND GOALS	Note: There are opportunities within the End of Puzzle Outcome to link use of money MNU 0-09a (Numeracy and Mathematics).																						
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●		●		●	●				●	●	●	●					●	●	●	●	●
Piece (lesson) 2	●	●		●		●	●				●	●	●	●					●	●	●	●	●
Piece (lesson) 3	●	●			●	●	●				●	●	●	●					●	●	●	●	●
Piece (lesson) 4	●	●		●		●	●				●	●	●	●					●	●	●	●	●
Piece (lesson) 5	●	●		●		●	●				●	●	●	●					●	●	●	●	●
Piece (lesson) 6	●	●		●		●	●				●	●	●	●					●	●	●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●																						
Piece (lesson) 2	●	●																					
Piece (lesson) 3	●	●														●							
Piece (lesson) 4	●															●							
Piece (lesson) 5	●															●							
Piece (lesson) 6	●	●														●							

HEALTHY ME	Note: HWB 0-29a, HWB 0-30a and HWB 0-35a, TCH 0-04a, TCH 0-04c food preparation, handling and tasting can be linked to any of the Healthy Me lessons by the teacher providing additional enrichment activities or as part of the End of Puzzle Outcome for Healthy Me. The teacher may wish to include technology in society TCH 0-07a within Pieces (lessons) 4 and 5 class discussions.																					
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																					
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●				●	●					●	●	●	●				●		●	●	●
Piece (lesson) 2	●	●				●	●					●	●	●	●				●		●	●	●
Piece (lesson) 3	●	●				●	●					●	●	●	●	●	●		●		●	●	●
Piece (lesson) 4	●	●	●			●	●					●	●	●	●	●	●		●	●	●	●	●
Piece (lesson) 5	●	●	●	●		●	●					●	●	●		●	●	●	●	●	●	●	●
Piece (lesson) 6	●	●				●	●					●	●	●	●	●	●		●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																					
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●		●	●	●	●	●	●	●									●	●				
Piece (lesson) 2	●		●	●	●	●	●	●	●									●	●				
Piece (lesson) 3	●				●	●		●	●	●								●	●				
Piece (lesson) 4	●	●			●	●			●	●	●			●				●	●				
Piece (lesson) 5	●				●	●			●	●	●			●				●	●				
Piece (lesson) 6	●		●	●	●	●	●	●	●	●	●							●	●				
RELATIONSHIPS																						
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																					
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●			●	●	●			●		●	●	●					●		●	●	●
Piece (lesson) 2	●	●	●		●	●	●			●		●	●	●					●		●	●	●
Piece (lesson) 3	●	●	●	●	●	●	●		●	●		●	●	●		●	●		●		●	●	●
Piece (lesson) 4	●	●	●	●	●	●	●	●	●	●	●	●	●	●		●	●		●		●	●	●
Piece (lesson) 5	●	●	●	●	●	●	●	●		●	●	●	●	●					●		●	●	●
Piece (lesson) 6	●	●	●	●	●	●	●	●		●	●	●	●	●					●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																					
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●											●	●	●		●		●					
Piece (lesson) 2	●	●										●	●	●		●		●					
Piece (lesson) 3	●									●	●	●	●	●	●	●		●	●				
Piece (lesson) 4	●										●		●	●		●		●	●				
Piece (lesson) 5	●											●	●	●		●		●					
Piece (lesson) 6	●											●	●	●		●		●					

CHANGING ME																							
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-01a – HWB 0-23a																						
	0-01a	0-02a	0-03a	0-04a	0-05a	0-06a	0-07a	0-08a	0-09a	0-10a	0-11a	0-12a	0-13a	0-14a	0-15a	0-16a	0-17a	0-18a	0-19a	0-20a	0-21a	0-22a	0-23a
Piece (lesson) 1	●	●				●	●					●	●	●					●		●	●	●
Piece (lesson) 2	●	●		●		●	●					●	●	●	●				●		●	●	●
Piece (lesson) 3	●	●				●	●					●	●	●	●				●		●	●	●
Piece (lesson) 4	●	●				●	●		●			●	●	●	●	●	●		●		●	●	●
Piece (lesson) 5	●	●		●		●	●				●	●	●	●					●		●	●	●
Piece (lesson) 6	●	●	●	●		●	●	●			●	●	●	●					●		●	●	●
	Health and Wellbeing Early Level Experiences and Outcomes HWB 0-24a – HWB 0-51a																						
	0-24a	0-25a	0-27a	0-28a	0-29a	0-30a	0-32a	0-33a	0-35a	0-38a	0-42a	0-44a	0-44b	0-45a	0-45b	0-47a	0-47b	0-48a	0-49a	0-50a	0-51a		
Piece (lesson) 1	●																			●			
Piece (lesson) 2	●	●														●	●			●			
Piece (lesson) 3	●															●	●		●	●	●		
Piece (lesson) 4	●														●	●	●		●	●			
Piece (lesson) 5	●	●														●							
Piece (lesson) 6	●	●																					

Table B: Jigsaw's Main Cross-Curricular Links to other Curriculum for Excellence Subjects in Primary 1

	Links to Social Studies, Technologies, Science, Numeracy and Maths, Literacy and English, Expressive Arts, RME and Religious Education (Catholic Schools)																						
BEING ME IN MY WORLD																							
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-10a	LIT 0-16a	ENG 0-17a					
Piece (lesson) 1		●	●	●							●	●	●		●	●							
Piece (lesson) 2			●	●							●	●	●		●	●							
Piece (lesson) 3			●	●							●	●			●	●							
Piece (lesson) 4			●	●							●	●			●	●							
Piece (lesson) 5			●	●							●	●			●	●							
Piece (lesson) 6			●	●							●	●			●	●							
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1				●		●		●			●												
Piece (lesson) 2	●	●	●	●	●	●	●	●	●		●												
Piece (lesson) 3					●	●	●	●	●		●												
Piece (lesson) 4	●	●	●				●			●													
Piece (lesson) 5						●	●	●			●												
Piece (lesson) 6	●	●	●	●		●	●	●			●												

CELEBRATING DIFFERENCE	Note: TCH 0-03a (Safe use of technology) can be included in Piece (lesson) 4.																					
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-10a	LIT 0-16a	ENG 0-17a					
Piece (lesson) 1			●	●							●	●			●	●							
Piece (lesson) 2			●	●							●	●			●	●							
Piece (lesson) 3			●	●							●	●			●	●							
Piece (lesson) 4		●	●	●		●					●	●			●	●							
Piece (lesson) 5		●	●	●							●	●	●	●	●	●	●						
Piece (lesson) 6			●	●							●	●			●	●							
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1							●			●													
Piece (lesson) 2							●			●													
Piece (lesson) 3						●	●	●			●												
Piece (lesson) 4					●	●	●	●			●												
Piece (lesson) 5					●	●	●	●			●												
Piece (lesson) 6					●	●	●	●		●	●												

DREAMS AND GOALS	Note: There are opportunities within the End of Puzzle Outcome to link use of money MNU 0-09a (Numeracy and Mathematics).																					
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-10a	LIT 0-16a	ENG 0-17a					
Piece (lesson) 1			●	●						●	●	●			●	●							
Piece (lesson) 2			●	●						●	●	●			●	●							
Piece (lesson) 3			●	●						●	●	●			●	●							
Piece (lesson) 4			●	●						●	●	●			●	●							
Piece (lesson) 5			●	●						●	●	●	●	●	●	●	●	●					
Piece (lesson) 6			●	●							●	●			●	●							
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1																							
Piece (lesson) 2					●																		
Piece (lesson) 3	●			●	●																		
Piece (lesson) 4																							
Piece (lesson) 5					●																		
Piece (lesson) 6					●																		

HEALTHY ME	Note: The teacher may wish to include technology in society TCH 0-07a within Pieces (lessons) 4 and 5 class discussions. TCH 0-04a, TCH 0-04c food preparation, handling and tasting can be linked to any of the Healthy Me lessons by the teacher providing additional enrichment activities or as part of the End of Puzzle Outcome for Healthy Me.																					
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-10a	LIT 0-16a	ENG 0-17a					
Piece (lesson) 1			●	●			●				●	●			●	●							
Piece (lesson) 2			●	●			●				●	●			●	●							
Piece (lesson) 3			●	●			●				●	●			●	●							
Piece (lesson) 4		●	●	●	●		●	●			●	●	●	●	●	●	●	●					
Piece (lesson) 5		●	●	●	●		●	●			●	●			●	●							
Piece (lesson) 6			●	●			●				●	●			●	●							
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1					●																		
Piece (lesson) 2					●																		
Piece (lesson) 3					●																		
Piece (lesson) 4																							
Piece (lesson) 5	●	●	●																				
Piece (lesson) 6										●													
RELATIONSHIPS																							
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-10a	LIT 0-16a	ENG 0-17a					
Piece (lesson) 1		●	●	●							●	●	●	●	●	●	●	●					
Piece (lesson) 2		●	●	●							●	●	●	●	●	●	●	●					
Piece (lesson) 3		●	●	●							●	●	●	●	●	●	●	●					
Piece (lesson) 4		●	●	●							●	●			●	●							
Piece (lesson) 5		●	●	●							●	●	●	●	●	●	●	●					
Piece (lesson) 6		●	●	●							●	●			●	●							
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1											●												
Piece (lesson) 2					●						●												
Piece (lesson) 3		●	●	●		●	●	●			●												
Piece (lesson) 4	●	●	●	●		●		●			●												
Piece (lesson) 5		●	●	●		●	●	●		●	●												
Piece (lesson) 6					●	●	●	●		●	●												

CHANGING ME																							
	S0C 0-02a	SOC 0-16a	SOC 0-17a	SOC 0-18a	SOC 0-20a	TCH 0-03a	TCH 0-04a/c	TCH 0-07a	SCN 0-12a	MNU 0-09a	LIT 0-02a	ENG 0-03a	LIT 0-04a	LIT 0-07a	LIT 0-09a	LIT 0-10a	LIT 0-16a	ENG 0-17a					
Piece (lesson) 1			●	●							●	●	●	●	●	●	●	●					
Piece (lesson) 2			●	●							●	●			●	●							
Piece (lesson) 3	●		●	●							●	●			●	●							
Piece (lesson) 4			●	●					●		●	●			●	●							
Piece (lesson) 5			●	●							●	●			●	●							
Piece (lesson) 6			●	●							●	●	●	●	●	●	●	●					
	EXA 0-01a	EXA 0-13a	EXA 0-14a	EXA 0-15a	EXA 0-18a	RME 0-02a	RME 0-07a	RME 0-09a	RERC 0-01a	RERC 0-02a	RERC 0-08a												
Piece (lesson) 1					●				●														
Piece (lesson) 2					●				●	●													
Piece (lesson) 3					●				●	●													
Piece (lesson) 4									●	●													
Piece (lesson) 5					●					●													
Piece (lesson) 6					●																		

Table C: Jigsaw's Assessment Opportunities in Primary 1 materials and the associated Curriculum For Excellence Benchmarks

Where the assessments can be found in Primary 1 Jigsaw materials Note: There is no assessment opportunity in Being Me In My World	**Related Curriculum For Excellence Benchmarks**
Celebrating Difference Piece (lesson) 6	Personal and Social Education ▪ Shares aspirations and goals for the future. (HWB0-20a) ▪ Talks about own learning, strengths and next steps (HWB 0-20a) Physical Education (Personal Qualities) ▪ Is developing an awareness of self and an increasing self-reliance in dealing with new situations (HWB0-22a, 23a, 24a) ▪ Discusses learning with adult support, and describes likes and dislikes (HWB0-22a,23a,24a) ▪ Responds and contributes to self and peer assessment with respect (HWB 0-22a,23a,24a) ▪ Celebrates, values and uses achievements to build next steps (HWB 0-22a) ▪ Is learning how to be a good winner and cope appropriately with losing. ▪ Identifies and expresses some emotions appropriately, for example, happy/sad and understands how they can affect behaviour (HWB 0-22a 23a, 24a) ▪ Uses words and/or body language to express ideas, thoughts and feelings (HWB 0-22a, 23a,24a)
Dreams and Goals Piece (lesson) 6	Personal and Social Education ▪ Shares aspirations and goals for the future (HWB 0-20a) Talks about own learning, strengths and next steps (HWB 0-20a) Physical Education (Personal Qualities) ▪ Is developing an awareness of self and an increasing self-reliance in dealing with new situations (HWB0-22a, 23a, 24a) ▪ Discusses learning with adult support, and describes likes and dislikes (HWB0-22a, 23a,24a) ▪ Responds and contributes to self and peer assessment with respect (HWB 0-22a,23a,24a) ▪ Celebrates, values and uses achievements to build next steps (HWB 0-22a,23a,24a) ▪ Is learning how to be a good winner and cope appropriately with losing (HWB 0-22a, 23a, 24a) ▪ Participates with enthusiasm. Enjoys being challenged. (HWB 0-22a,23a,24a) ▪ Sets targets in simple tasks (HWB 0-22a,23a, 24a) ▪ Identifies and expresses some emotions appropriately, for example, happy/sad and understands how they can affect behaviour (HWB 0-22a,23a, 24a) ▪ Uses words and/or body language to express ideas, thoughts and feelings (HWB 0-22a,23a, 24a)
Healthy Me Piece (lesson) 6	Personal and Social Education ▪ Demonstrates different ways of being active, for example, energetic play.(HWB 0-27a, 28a) ▪ Identifies how being active affects their body, for example, raised heartbeat, getting hot. (HWB 0-27a, 28a) ▪ Gives reasons why being active is good for health. (HWB 0-27a, 28a) ▪ Identifies which substances may be helpful and which may be harmful in given situations (HWB 0-38a) ▪ Demonstrates an understanding of the concept, 'my body belongs to me' (HWB 0-48a, 49a) ▪ Explains that living things need food, water and care to grow and survive (HWB 0-50a) ▪ Physical Education (Physical Fitness) ▪ Recognises different body parts required to sustain energetic activity (HWB 0-22a)

	▪ Identifies different ways to be physically active (HWB 0-22a) ▪ Describes how the body changes when engaged in moderate to vigorous activity (HWB 0-22a) ▪ <u>Food and Health</u> ▪ Recognises that eating more of some types of foods and less of others is good for health (HWB 0-30a) ▪ Identifies, prepares and tastes a range of foods, for example, fruit, vegetables (HWB 0-30a) ▪ Identifies how much water should be consumed in a day (HWB 0-30a) ▪ Uses the words lots, some and a little to prepare and describe the amount of food that should be eaten from each food group to stay healthy (HWB 0-32a) ▪ Demonstrates how to perform daily hygiene routines, for example, hand washing, teeth brushing (HWB 0-33a) ▪ Demonstrates an understanding of basic food hygiene and safety through, for example, washing fruit and vegetables, storing perishables in the fridge (HWB 0-33a) ▪ Describes which foods come from plants and which come from animals when working with and tasting foods (HWB 0-35a)
Relationships Piece (lesson) 6	<u>Personal and Social Education</u> ▪ Demonstrates an understanding of the concept, 'my body belongs to me' (HWB 0-48a, 49a) ▪ 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 (HWB 0-48a, 49a) ▪ Identifies people who can help, for example, teachers, family members (HWB 0-45a) ▪ Recognises that care can come from a variety of different people (HWB 0-45a) ▪ Identifies that families may be made up of different people (HWB 0-45a) <u>Physical Education</u> (Personal Qualities) ▪ Identifies and expresses some emotions appropriately, for example, happy/sad and understands how they can affect behaviour (HWB 0-22a,23a, 24a) ▪ Is aware of ideas, thoughts and feelings of others (HWB 0-22a, 23a 24a) ▪ Uses words and/or body language to express ideas, thoughts and feelings (HWB 0-22a,23a,24a)
Changing Me Piece (lesson) 4	<u>Personal and Social Education</u> ▪ Suggests ways to get help in unsafe and emergency situations, for example, seeking out an adult (HWB 0-42a) ▪ Identifies body differences and similarities (HWB 0-47a) ▪ Describes how bodies change as they grow. Identifies body parts using correct names, for example, penis, testicles, vulva and nipples (HWB0-47b) ▪ Demonstrates modesty and privacy through, for example, closing toilet doors (HWB 0-48a) ▪ Manages personal space with respect towards self and others (HWB 0-48a) ▪ Demonstrates an understanding of the concept, 'my body belongs to me' (HWB 0-48a, 49a) ▪ 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 (HWB 0-48a, 49a) ▪ Identifies people who can help, for example, teachers, family members (HWB 0-45a) ▪ Gives examples of where living things come from, for example, plants from seeds, fish from eggs (HWB 0-50a)