



Health and Wellbeing Curriculum Overview

Early Level - Primary 1

Planning Block	Key Themes	Circle Time	RSHP Lessons	Key Resources
1 (Sep/Oct)	Values	<ul style="list-style-type: none"> Golden Rules 	<ol style="list-style-type: none"> Friends and Friendship: Helping Others Playing Together, Being Kind When I Feel Sad or Upset Unique, Similar and Different 	Your Body Matters RSHP
2 (Oct/Nov)	Anti-Racism / Anti-Bullying / Resilience	<ul style="list-style-type: none"> Bouncing back Positive thinking 	<ol style="list-style-type: none"> Pregnancy and Looking After a Baby Our Families Asking Questions, Making Choices, Saying Yes Saying No, Early Consent Messages 	RSHP
3 (Dec/Jan)	Keeping Safe / Relationships	<ul style="list-style-type: none"> Kindness Friendship 	<ol style="list-style-type: none"> Looking After Plants and Animals People Who Help and Look After Me 	Go Safe Scotland RSHP
4 (Feb/Mar)	Healthy Relationships	<ul style="list-style-type: none"> Making friends Similarities and Differences 	<ol style="list-style-type: none"> My Body My Body Belongs to Me Personal Space and Privacy 	Relationships, Sexual Health and Parenthood (RSHP)
5 (Mar/Apr)	Success and Ambition	<ul style="list-style-type: none"> Self-confidence and self-esteem Being responsible 		Equip for Excellence RSHP
6 (May/June)	Personal Health / Alcohol and Drug Awareness	<ul style="list-style-type: none"> Keeping clean Healthy foods Exercise 		Rory RSHP