



Health and Wellbeing Curriculum Overview

First Level - Primary 3

Planning Block	Key Themes	Circle Time	RSHP Lessons	Key Resources
1 (Sep/Oct)	Values/ Healthy Body and Mind	<ul style="list-style-type: none"> • Taking time to know and appreciate each other • Listening • Values and respect 	1. My Family, All Families are Different	Your Body Matters
2 (Oct/Nov)	Anti-Racism / Anti-Bullying / Resilience	<ul style="list-style-type: none"> • Bouncing back • Developing resilience • Helpful/unhelpful thinking 	1. People Who Help and Look After Me: Professional People	Relationships, Sexual Health and Parenthood (RSHP)
3 (Dec/Jan)	Keeping Safe / Relationships	<ul style="list-style-type: none"> • Kindness • Friendship 		Go Safe Scotland
4 (Feb/Mar)	Healthy Relationships	<ul style="list-style-type: none"> • Talking about our feelings • Considering other people's feelings • Resolving conflict • Relationships 	1. Similarity, Diversity and Respect: I Am Unique, My Self-Portrait 2. Similarity, Diversity and Respect: We Are Similar and Different 3. Similarity, Diversity and Respect: Boys and Girls 4. Similarity, Diversity and Respect: Disability 5. Similarity, Diversity and Respect: Heterosexual/LGB	Relationships, Sexual Health and Parenthood (RSHP)
5 (Mar/Apr)	Success and Ambition	<ul style="list-style-type: none"> • Setting and achieving goals • Cooperation 		Equip for Excellence
6 (May/June)	Changes, Alcohol and Drug Awareness	<ul style="list-style-type: none"> • Changes 		Rory