



Health and Wellbeing Curriculum Overview

First Level - Primary 4

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/manners Being a good friend 	<ol style="list-style-type: none"> Safe and Happy Online Feelings and Safety: This Is How I Feel Feelings and Safety: Feeling Safe 	Your Body Matters
2 (Oct/Nov)	Anti-Racism / Anti-Bullying / Resilience	<ul style="list-style-type: none"> Bouncing back from setbacks Focussing on the good Bullying 		Relationships, Sexual Health and Parenthood (RSHP)
3 (Dec/Jan)	Keeping Safe / Relationships	<ul style="list-style-type: none"> Kindness Friendship Peer Pressure 		Go Safe Scotland
4 (Feb/Mar)	Healthy Relationships	<ul style="list-style-type: none"> Talking about our feelings Positive/negative feelings Resolving conflict Relationships 	<ol style="list-style-type: none"> Keeping Clean How Human Life Begins, Pregnancy and Birth What Babies Need to Be Healthy, Happy and Safe 	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 in life / Alcohol and Drug Awareness	<ul style="list-style-type: none"> Identifying changes in our lives Coping with change Transition 		Rory