



Health and Wellbeing Curriculum Overview

Second Level - Primary 5

Planning Block	Key Themes	Circle Time	RSHP Lessons	Key Resources
1 (Sep/Oct)	Values/ Healthy Body and Mind	<ul style="list-style-type: none"> Getting to know each other Listening skills Values and respect 	<ol style="list-style-type: none"> Friends and Friendship: What Is a Friend? Friends and Friendship: Making and Keeping Friends Friends and Friendship: Online/Offline Friends 	Your Body Matters
2 (Oct/Nov)	Anti-Racism / Anti-Bullying / Resilience	<ul style="list-style-type: none"> Bouncing back Developing resilience Helpful/unhelpful thinking 	<ol style="list-style-type: none"> Protecting Me/Abuse and Relationships When I Feel Safe / Feel Unsafe Protecting Me/Abuse and Relationships: My 5 Trusted Individuals Protecting Me/Abuse and Relationships: Bullying 	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 	<ol style="list-style-type: none"> My Body: Names of Parts of My Body My Body: My Body is Changing My Body: Feelings and Puberty My Body: Personal Hygiene 	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"> Accepting change as a natural part of life 	<ol style="list-style-type: none"> Emotional Wellbeing and Body Image: My Feelings Emotional Wellbeing and Body Image: My Body Emotional Wellbeing and Body Image: When I Feel Sad or Worried 	Rory