

Burnhaven and *Healthy Schools* Annual Progression Planner – Second Level

Month	Indicator	Column A	Column B	Column C	UNCRC articles may include	Right of the
August Week 1	I Review School Charter Bounce back unit 1 – Core Values Anti-Bullying Bounce Back unit 9 - Safe	E/Os given additional coverage HWB 2-05a HWB 2-06a HWB 2-07a HWB 2-08a HWB 2-09a HWB 2-16a HWB 2-44a/44b HWB 2-45b HWB 2-47a	E/Os given additional coverage HWB 2-05a HWB 2-06a HWB 2-07a HWB 2-08a HWB 2-09a HWB 2-16a HWB 2-44a/44b HWB 2-45b HWB 2-47a	E/Os given additional coverage HWB 2-05a HWB 2-06a HWB 2-07a HWB 2-08a HWB 2-09a HWB 2-16a HWB 2-44a/44b HWB 2-45b HWB 2-47a	2, 3, 12, 19, 42	42
August Week 2	Child Protection/ Protective Behaviours Bounce Back – Unit 7 Relationships and unit 6 - emotions	E/Os given additional coverage HWB 2-03a HWB 2-09a HWB 2-16a HWB 2-17a HWB 2-45b	E/Os given additional coverage HWB 2-03a HWB 2-09a HWB 2-16a HWB 2-17a HWB 2-45b	E/Os given additional coverage HWB 2-03a HWB 2-09a HWB 2-16a HWB 2-17a HWB 2-45b	19, 36, 37, 39, 42	19
September	Healthy Bounceback unit 8 - humour	P.E.P.A.S. Suggested Learning – Consolidate understanding around the positive relationship between health & activity. Understand the importance of having a balance of activity & rest and sleep to maintain health. Raise awareness of effects different	Food and Health. Suggested Learning – Apply knowledge of Eatwell Guide to evaluate own food and drink choices. Understand information on food labels to inform choices. HWB 2-30a HWB 2-36a	Healthy Lifestyles. Suggested Learning – Understand the incredible sequence of events that need to happen to create human life. Prepare for the emotional changes that take place during puberty. Begin to develop an understanding of the effect drugs & alcohol have on the body. HWB 2-40a HWB 2-43a HWB 2-47a HWB 2-50a	13, 16, 17, 24, 31	24
October	Safe Bounce back unit 9 – Being safe	Food and Health. Suggested Learning – Understand the importance of cleanliness, hygiene and safety when preparing & storing food. HWB 2-15a HWB 2-33a	Healthy Lifestyles. Suggested Learning – Learn to develop skills & make informed choices. Begin to understand what is meant by peer pressure. Identify impact of risk taking behaviours on life choices HWB 2-17a HWB 2-39a HWB 2-41a HWB 2-49a	P.E.P.A.S. Suggested Learning – Perform learned skills with a degree of accuracy & control. Apply knowledge of risk & safety when planning activities. HWB 2-16a HWB 2-18a HWB 2-21a	12, 19, 24, 33, 36, 37, 39	19
Week 4 October		Firework / dark night safety awareness HWB 2-17a / 2-18a	Firework / dark night safety awareness HWB 2-17a / 2-18a	Firework / dark night safety awareness HWB 2-17a / 2-18a		
November	Achieving Bounceback – Unit 10 - Success	Healthy Lifestyles. Suggested Learning – Recognise their worth as individuals by identifying positives about themselves and their achievements. Understand factors that may influence their motivation for success. HWB 2-11a HWB 2-12a HWB 2-13a	P.E.P.A.S. Suggested Learning – Apply key qualities & attributes as well as sport specific skills in a variety of situations. Understand that the process by which they learn is key to achieving success. Evaluate their own and others achievements. HWB 2-22a HWB 2-24a	Food and Health. Suggested Learning – Consolidate & apply a range of practical preparation & cooking skills. Understand how preparing & cooking foods with others can be enjoyable & a lifelong skill. HWB 2-19a HWB 2-20a	4, 12, 13, 28, 29	28
December	Nurtured Bounceback unit 4 Courage	Food and Health. Suggested Learning – Understand that people have different nutritional needs throughout their lives. Recognise the role that different food groups play in keeping healthy. HWB 2-32a	Healthy Lifestyles. Suggested Learning – Understand that people develop different types of relationships throughout their lives. Recognise the qualities needed to build & sustain positive relationships. Become aware of the emotional skills required to look after a baby HWB 2-03a HWB 2-05a HWB 2-44b HWB 2-51a	P.E.P.A.S. Suggested Learning – Consider how to support themselves & others to access sporting opportunities at school & beyond. HWB 2-11a HWB 2-26a	4, 5, 15, 20, 21, 27	15
January	Active Bounceback unit 3 – people bouncing back	P.E.P.A.S. Suggested Learning – Know about the wide range of physical activities available and demands these place on the body. Understand the importance of having correct energy balance in relation to food intake and physical activity. HWB 2-25a HWB 2-28a	Food and Health. Suggested Learning – Know that different foods provide different amounts of energy and that activities use up different amounts of energy. Understand we need to balance energy intake & expenditure. HWB 2-15a HWB 2-28a	Healthy Lifestyles. Suggested Learning – Develop knowledge & understanding of the health benefits linked with being active outdoors. Know how to access opportunities to improve participation in outdoor activity. HWB 2-15a HWB 2-25a	17, 24, 31	31



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February Week 1	Safe Bounceback unit 9 - being safe	Social and Physical Wellbeing <i>TECH 2-08a</i> <i>HWB 2-09a</i> <i>HWB 2-17a</i>	Social and Physical Wellbeing <i>TECH 2-08a</i> <i>HWB 2-09a</i> <i>HWB 2-17a</i>	Social and Physical Wellbeing <i>TECH 2-08a</i> <i>HWB 2-09a</i> <i>HWB 2-17a</i>	12, 19, 24, 33, 36, 37, 39	SCHOOL 42
February	Respected Bounceback unit 2 – social values d	Healthy Lifestyles. Suggested Learning – Learn to develop strategies to manage emotions. Understand importance of good personal hygiene. Know about the process of growth & change in our bodies. <i>HWB 2-01a HWB 2-02a HWB 2-04a HWB 2-48a</i>	P.E.P.A.S. Suggested Learning – Know that team work is essential to creating effective partnerships and to achieve a desired goals. Understand that good communication skills are essential in problem solving. <i>HWB 2-09a HWB 2-23a HWB 2-45b</i>	Food and Health. Suggested Learning – Know and respect that there are different factors that influence people’s food choices. <i>HWB 2-09a HWB 2-34a</i>	2, 3, 12, 13, 14, 16, 17, 42	12
March	Responsible Bounceback unit 5 – looking on the bright side	Food and Health. Suggested Learning – Extend K&U of local & global issues affecting food choice Understand marketing can influence our food choices. <i>HWB 2-35a HWB 2-37a</i>	Healthy Lifestyles. Suggested Learning – Develop confidence to face new challenges. Know how to access help/advice to make responsible choices. <i>HWB 2-06a HWB 2-07a HWB 2-42a HWB 2-45a</i>	P.E.P.A.S. Suggested Learning – Evaluate quality of own & others performance making reference to given criteria. Apply a range of methods to record/monitor progress. Show a safe/effective way to travel within criteria.	12, 13, 15, 17, 29	29
April	Safe	Light nights, playing outside, beach safety	Light nights, playing outside, beach safety	Light nights, playing outside, beach safety		
May	Included Bounceback unit 6 - emotions	P.E.P.A.S. Suggested Learning – Explain how physical activity & sport can lead to positive destinations beyond school. <i>HWB 2-11a HWB 2-26a</i>	Food and Health . Suggested Learning – Understand that eating together is an important time to interact with others. <i>HWB 2-14a HWB 2-29a</i>	Healthy Lifestyles. Suggested Learning – Begin to understand how behaviour/actions can make others feel isolated. Know about different types of bullying & discrimination. Understand the impact they have on making their school a welcoming place	15, 23, 27, 30	23 Reflecting how we aim to always include everyone
June	Sensitive Lessons using RSHP	P5 - Names of parts of my body – extending from First level; My body is changing; Feelings and puberty; personal hygiene; What is a friend?; Making and Keeping Friends; Online-Offline Friends; Stereotypes and Equality; Being Fair; Being Transgender; My Senses, What is consent, My body is mine; Where to we go online, Being smart online; When I feel safe/unsafe; my 5 trusted individuals; bullying; physical abuse and neglect; sexual abuse P6 - My Feelings, My body, When I feel sad or worried; What is love? Being attracted to someone; Menstruation; How human life begins, pregnancy and birth. Being a parent/carer			16	16 Reflective of age of pupils

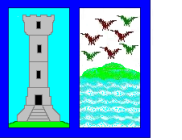
NHS Lanarkshire would like to acknowledge Jill Woodward as the original creator of this planner.

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Experiences and Outcomes

addressed during the Life of the School

<u>Ethos of the school</u> Daily Routines Restorative Approaches	<u>Pupil leadership</u>	<u>Rights Respecting Schools</u>	<u>Learning Attitudes</u> Visible Learning Growth Mindset Burnhaven Learner	<u>School Trips</u>	<u>Performances</u> Choir Christmas End of term services	Playground Outdoor Learning Bikeability (2 nd level)
<p><i>I am aware of and able to express my feelings and am developing the ability to talk about them.</i> HWB 0-01a / HWB 1-01a / HWB 2-01a</p> <p><i>I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.</i> HWB 0-02a / HWB 1-02a / HWB 2-02a</p> <p><i>I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.</i> HWB 0-03a / HWB 1-03a / HWB 2-03a</p> <p><i>I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.</i> HWB 0-04a / HWB 1-04a / HWB 2-04a</p> <p><i>I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.</i> HWB 0-05a / HWB 1-05a / HWB 2-05a</p> <p><i>I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.</i> HWB 0-08a / HWB 1-08a / HWB 2-08a</p> <p><i>I value the opportunities I am given to make friends and be part of a group in a range of situations.</i> HWB 0-14a / HWB 1-14a / HWB 2-14a</p>	<p><i>Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.</i> HWB 0-12a / HWB 1-12a / HWB 2-12a</p> <p><i>Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.</i> HWB 0-13a / HWB 1-13a / HWB 2-13</p> <p><i>Through taking part in a variety of events and activities, I am learning to recognise my own skills and abilities as well as those of others.</i> HWB 1-19a</p> <p><i>Opportunities to carry out different activities and roles in a variety of settings have enabled me to identify my achievements, skills and areas for development. This will help me to prepare for the next stage in my life and learning.</i> HWB 2-19a</p>	<p><i>As I explore the rights to which I and others are entitled, I am able to exercise these rights appropriately and accept the responsibilities that go with them. I show respect for the rights of others.</i> HWB 0-09a / HWB 1-09a / HWB 2-09a</p> <p><i>I recognise that each individual has a unique blend of abilities and needs. I contribute to making my school community one which values individuals equally and is a welcoming place for all.</i> HWB 0-10a / HWB 1-10a / HWB 2-10a</p>	<p><i>I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.</i> HWB 0-11a / HWB 1-11a / HWB 2-11a</p> <p><i>In everyday activity and play, I explore and make choices to develop my learning and interests. I am encouraged to use and share my experiences.</i> HWB 0-19a</p>	<p><i>I know and can demonstrate how to travel safely.</i> HWB 0-18a / HWB 1-18a / HWB 2-18a</p>	<p><i>Representing my class, school and/or wider community encourages my self-worth and confidence and allows me to contribute to and participate in society.</i> HWB 0-12a / HWB 1-12a / HWB 2-12a</p> <p><i>Through contributing my views, time and talents, I play a part in bringing about positive change in my school and wider community.</i> HWB 0-13a / HWB 1-13a / HWB 2-13</p> <p><i>Through taking part in a variety of events and activities, I am learning to recognise my own skills and abilities as well as those of others.</i> HWB 1-19a</p> <p><i>Opportunities to carry out different activities and roles in a variety of settings have enabled me to identify my achievements, skills and areas for development. This will help me to prepare for the next stage in my life and learning.</i> HWB 2-19a</p>	<p><i>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.</i> HWB 0-16a / HWB 1-16a / HWB 2-16a</p> <p><i>I know and can demonstrate how to travel safely.</i> HWB 0-18a / HWB 1-18a / HWB 2-18a</p> <p><i>I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors.</i> HWB 0-25a</p> <p><i>Within and beyond my place of learning I am enjoying daily opportunities to participate in physical activities and sport, making use of available indoor and outdoor space.</i> HWB 1-25a</p> <p><i>I am experiencing enjoyment and achievement on a daily basis by taking part in different kinds of energetic physical activities of my choosing, including sport and opportunities for outdoor learning, available at my place of learning and in the wider community.</i> HWB 2-25a / HWB 3-25a</p> <p><i>I have investigated the role of sport and the opportunities it may offer me. I am able to access opportunities for participation in sport and the development of my performance in my place of learning and beyond.</i> HWB 2-26a / HWB 3-26a</p>



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PE

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.
HWB 0-15a / HWB 1-15a / HWB 2-15a

I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible.
HWB 0-16a / HWB 1-16a / HWB 2-16a

In everyday activity and play, I explore and make choices to develop my learning and interests. I am encouraged to use and share my experiences.
HWB 0-19a

Through taking part in a variety of events and activities, I am learning to recognise my own skills and abilities as well as those of others.
HWB 1-19a

I am developing my movement skills through practice and energetic play.
HWB 0-22a

I am developing skills and techniques and improving my level of performance and fitness.
HWB 1-22a

I practise, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness.
HWB 2-22a / HWB 3-22a

I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules.
HWB 0-23a

I can follow and understand rules and procedures, developing my ability to achieve personal goals. I recognise and can adopt different roles in a range of practical activities.
HWB 1-23a

While working and learning with others, I improve my range of skills, demonstrate tactics and achieve identified goals.
HWB 2-23a

By exploring and observing movement, I can describe what I have learned about it.
HWB 0-24a

I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.
HWB 1-24a

By reflecting on my own and others' work and evaluating it against shared criteria, I can recognise improvement and achievement and use this to progress further.
HWB 2-24a

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.
HWB 0-21a

I am discovering ways that I can link actions and skills to create movement patterns and sequences. This has motivated me to practise and improve my skills to develop control and flow.
HWB 1-21a

As I encounter new challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select, adapt and apply movement skills and strategies, creatively, accurately and with control.
HWB 2-21a / HWB 3-21a