

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

Month	Wellbeing Indicator	Column A	Column B	Column C	UNCRC articles may include	Right of the Month
August Week 1	Review School Charter Bounce back unit 1 – Core Values Anti-Bullying Bounce Back	E/Os given additional coverage <i>HWB 0-05a</i> <i>HWB 0-06a</i> <i>HWB 0-07a</i> <i>HWB 0-08a</i> <i>HWB 0-09a</i> <i>HWB 0-16a</i> <i>HWB 0-44a/44b</i> <i>HWB 0-45b</i> <i>HWB 0-47a</i>	E/Os given additional coverage <i>HWB 0-05a</i> <i>HWB 0-06a</i> <i>HWB 0-07a</i> <i>HWB 0-08a</i> <i>HWB 0-09a</i> <i>HWB 0-16a</i> <i>HWB 0-44a/44b</i> <i>HWB 0-45b</i> <i>HWB 0-47a</i>	E/Os given additional coverage <i>HWB 0-05a</i> <i>HWB 0-06a</i> <i>HWB 0-07a</i> <i>HWB 0-08a</i> <i>HWB 0-09a</i> <i>HWB 0-16a</i> <i>HWB 0-44a/44b</i> <i>HWB 0-45b</i> <i>HWB 0-47a</i>	2, 3, 12, 19, 42	42
August Week 2	Child Protection/ Protective Behaviours Bounce Back – Unit 7 Relationships	E/Os given additional coverage <i>HWB 0-03a</i> <i>HWB 0-09a</i> <i>HWB 0-16a</i> <i>HWB 0-17a</i> <i>HWB 0-45b</i>	E/Os given additional coverage <i>HWB 0-03a</i> <i>HWB 0-09a</i> <i>HWB 0-16a</i> <i>HWB 0-17a</i> <i>HWB 0-45b</i>	E/Os given additional coverage <i>HWB 0-03a</i> <i>HWB 0-09a</i> <i>HWB 0-16a</i> <i>HWB 0-17a</i> <i>HWB 0-45b</i>	19, 36, 37, 39, 42	19
September	Healthy Bounceback unit 8 - humour	P.E.P.A.S. Suggested Learning – Recognise there is a positive link between activity & health <i>HWB 0-27a</i> <i>HWB 0-28a</i>	Food and Health. Suggested Learning – Begin to understand we need to eat different foods to stay healthy. <i>HWB 0-30a</i> <i>HWB 0-32a</i>	Healthy Lifestyles, Suggested Learning – Begin to recognise what is needed to stay healthy <i>HWB 0-6a</i> <i>HWB 0-11a</i> <i>HWB 0-19a</i> <i>HWB 0-48a</i>	13, 16, 17, 24, 31	24
October	Safe Bounce back unit 9 – Being safe	Food and Health. Suggested Learning – Begin to recognise the importance of cleanliness, hygiene and safety within everyday routines <i>HWB 0-15a</i> <i>HWB 0-33a</i>	Healthy Lifestyles. Suggested Learning – Understand the importance of being safe & secure. Recognise that unsafe behaviour can be harmful to wellbeing <i>HWB 0-17a</i> <i>HWB 0-20a</i> <i>HWB 0-38a</i> <i>HWB 0-42a</i>	P.E.P.A.S. Suggested Learning – Consider safety when moving, learning & playing with others <i>HWB 0-16a</i> <i>HWB 0-18a</i> <i>HWB 0-21a</i>	12, 19, 24, 33, 36, 37, 39	19
Week 4 October		Firework / dark night safety awareness <i>HWB 0-17a / 0-18a</i>	Firework / dark night safety awareness <i>HWB 0-17a / 0-18a</i>	Firework / dark night safety awareness <i>HWB 0-17a / 0-18a</i>		
November	Achieving Bounceback – Unit 10 - Success	Healthy Lifestyles. Suggested Learning – Develop a sense of their own skills, interests, abilities and targets <i>HWB 0-10a</i> <i>HWB 0-12a</i>	P.E.P.A.S. Suggested Learning – Explore and practice different ways of moving the body Begin to reflect on own & others performance <i>HWB 0-22a</i> <i>HWB 0-24a</i>	Food and Health. Suggested Learning – Develop confidence in talking about, preparing and trying new food and drink <i>HWB 0-30a</i>	4, 12, 13, 28, 29	28
December	Nurtured Bounceback unit 4 Courage	Food and Health. Suggested Learning – Know that people & living things need different amounts of food & drink to grow and be healthy <i>HWB 0-32a</i> <i>HWB 0-50a</i> <i>HWB 0-51a</i>	Healthy Lifestyles. Suggested Learning – Know that family and friends are important to wellbeing Begin to understand what is required to form good friendships. Know who can help them when they are worried & upset <i>HWB 0-03a</i> <i>HWB 0-05a</i> <i>HWB 0-44b</i> <i>HWB 0-45a</i>	P.E.P.A.S. Suggested Learning – Recognise that taking part in activity can be fun & make friends Know how to be physically active both inside and outside the classroom <i>HWB 0-14a</i> <i>HWB 0-25a</i>	4, 5, 15, 20, 21, 27	15
January	Active Bounceback unit 3 – people bouncing back	P.E.P.A.S Suggested Learning – Consider their own levels of activity & set simple, achievable goals with support <i>HWB 0-11a</i> <i>HWB 0-15a</i> <i>HWB 0-27a</i>	Food and Health. Suggested Learning – Know that energy comes from food Understand the importance of eating a healthy breakfast. <i>HWB 0-30a</i>	Healthy Lifestyles, Suggested Learning – Understand what it means to be active. Know that being active every day is good for your health, <i>HWB 0-15a</i> <i>HWB 0-18a</i> <i>HWB 0-27a</i>	17, 24, 31	31



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

February Week 1	Safe Bounceback unit 9 - being safe	Social and Physical Wellbeing <i>TECH (1-2)-08a</i> <i>TECH 0-04a/b</i> <i>HWB-09a</i> <i>HWB 0-17a</i>	Social and Physical Wellbeing <i>TECH (1-2)-08a</i> <i>TECH 0-04a/b</i> <i>HWB-09a</i> <i>HWB 0-17a</i>	Social and Physical Wellbeing <i>TECH (1-2)-08a</i> <i>TECH 0-04a/b</i> <i>HWB-09a</i> <i>HWB 0-17a</i>	12, 19, 24, 33, 36, 37, 39	42 <small>SCHOOL</small>
February	Respected Bounceback unit 2 – social values	Healthy Lifestyles. Suggested Learning – Begin to recognise own & others feelings Know how to ask for help when needed. <i>HWB 0-01a HWB 0-02a</i> <i>HWB 0-07a HWB 0-49a</i>	P.E.P.A.S. Suggested Learning – Begin to demonstrate consideration for others needs and feelings while participating in activities <i>HWB 0-04a HWB 0-09a</i> <i>HWB 0-23a HWB 0-45b</i>	Food and Health. Suggested Learning – Know and respect that people have different rules about the food and drink they have. <i>HWB 0-29a HWB 0-35a</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 – Begin to show and understanding of where our food comes from. <i>HWB 0-35a</i>	Healthy Lifestyles. Suggested Learning – Begin to recognise own rights, rules & responsibilities both in school & at home Know they have a role to play in contributing to the wellbeing of their school & community. <i>HWB 0-09a HWB 0-12a</i> <i>HWB 0-13a</i>	P.E.P.A.S. Suggested Learning – Begin to recognise the need to be responsible within a range of indoor & outdoor activities. <i>HWB 0-16a HWB 0-23a</i>	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 -	P.E.P.A.S. Suggested Learning – Understand that everyone has an important role to play when working together. <i>HWB 0-10a HWB 0-23a</i>	Food and Health. Suggested Learning – Experience the fun and enjoyment of eating together with friends and in small groups. <i>HWB 0-14a HWB 0-29a</i>	Healthy Lifestyles. Suggested Learning – Understand that everybody is special & unique <i>HWB 0-08a HWB 0-44a</i> <i>HWB 0-47a HWB 0-47b</i>	15, 23, 27, 30	23 <small>Reflecting how we aim to always include everyone</small>
June	Sensitive Lessons using RSHP	P1 - Topics to be covered using RSHP.scot Early Level			16	16 <small>Reflective of age of</small>
		My Body (body part lesson including the word penis and vagina); My Body belongs to me; Unique, Similar and Different; Our Families (care to be taken here for some Families); People who help and look after me; Asking questions, Making choices, Saying Yes/Saying No;				

Adapted for the context of Burnhaven School by the staff at Burnhaven.
NHS Lanarkshire would like to acknowledge Jill Woodward as the original creator of this planner.

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

Experiences and Outcomes addressed during the Life of the School

<p style="text-align: center;"><u>Ethos of the school</u> Daily Routines Restorative Approaches</p>	<p style="text-align: center;"><u>Pupil leadership</u></p>	<p style="text-align: center;"><u>Rights Respecting Schools</u></p>	<p style="text-align: center;"><u>Learning Attitudes</u> Visible Learning Growth Mindset Burnhaven Learner</p>	<p style="text-align: center;"><u>School Trips</u></p>	<p style="text-align: center;"><u>Performances</u> Choir Christmas End of term services</p>	<p style="text-align: center;">Playground Outdoor Learning Bikeability (2nd level)</p>
<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