

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

Month	Wellbeing Indicator/Theme	Column A	Column B	Column C	UNCRC Articles which may be Covered	Right of the Month
August Week 1	Review School Charter Bounce back unit 1 – Core Values Anti-Bullying Bounce Back unit 9 - Safe	E/Os given additional coverage <i>HWB 1-05a</i> <i>HWB 1-06a</i> <i>HWB 1-07a</i> <i>HWB 1-08a</i> <i>HWB 1-09a</i> <i>HWB 1-16a</i> <i>HWB 1-44a/44b</i> <i>HWB 1-45b</i> <i>HWB 1-47a</i>	E/Os given additional coverage <i>HWB 1-05a</i> <i>HWB 1-06a</i> <i>HWB 1-07a</i> <i>HWB 1-08a</i> <i>HWB 1-09a</i> <i>HWB 1-16a</i> <i>HWB 1-44a/44b</i> <i>HWB 1-45b</i> <i>HWB 1-47a</i>	E/Os given additional coverage <i>HWB 1-05a</i> <i>HWB 1-06a</i> <i>HWB 1-07a</i> <i>HWB 1-08a</i> <i>HWB 1-09a</i> <i>HWB 1-16a</i> <i>HWB 1-44a/44b</i> <i>HWB 1-45b</i> <i>HWB 1-47a</i>	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 <i>HWB 1-03a</i> <i>HWB 1-09a</i> <i>HWB 1-16a</i> <i>HWB 1-17a</i> <i>HWB 1-45b</i>	E/Os given additional coverage <i>HWB 1-03a</i> <i>HWB 1-09a</i> <i>HWB 1-16a</i> <i>HWB 1-17a</i> <i>HWB 1-45b</i>	E/Os given additional coverage <i>HWB 1-03a</i> <i>HWB 1-09a</i> <i>HWB 1-16a</i> <i>HWB 1-17a</i> <i>HWB 1-45b</i>	19, 36, 37, 39, 42	19
September	Healthy Bounceback unit 8 - humour	P.E.P.A.S. Suggested Learning – Understand how physical activity is necessary for positive health and wellbeing. <i>HWB 1-15a</i> <i>HWB 1-27a</i> <i>HWB 1-38a</i>	Food and Health. Suggested Learning – Recognise that we need to eat a variety of food to keep healthy. Demonstrate learning through everyday choices & discussions <i>HWB 1-30a</i>	Healthy Lifestyles. Suggested Learning – Understand how to look after their body now & in the future. Raise awareness of how tobacco can affect their body. <i>HWB 1-38a</i> <i>HWB 1-47b</i> <i>HWB 1-48a</i>	13, 16, 17, 24, 31	24
October	Safe Bounce back unit 9 – Being safe	Food and Health. Suggested Learning – Understand the effects of good hygiene & safety on wellbeing. Know how germs are spread & controlled <i>HWB 1-15a</i> <i>HWB 1-33a</i>	Healthy Lifestyles. Suggested Learning – Understand the importance of being and feeling safe. Assess safe & unsafe situations and behaviours and their effects on wellbeing. <i>HWB 1-16a</i> <i>HWB 1-17a</i> <i>HWB 1-20a</i> <i>HWB 1-42a</i>	P.E.P.A.S. Suggested Learning – Recognise actions & behaviours that contribute to the safety of myself & others. <i>HWB 1-16a</i> <i>HWB 1-18a</i> <i>HWB 1-21a</i>	12, 19, 24, 33, 36, 37, 39	19
Week 4 October		Firework Safety and Dark Nights <i>HWB 1-17a</i> / <i>1-18a</i>	Firework Safety and Dark Nights <i>HWB 1-17a</i> / <i>1-18a</i>	Firework Safety and Dark Nights <i>HWB 1-17a</i> / <i>1-18a</i>		
November	Achieving Bounceback – Unit 10 - Success	Healthy Lifestyles. Suggested Learning – Recognise the range of skills & talents of themselves and others. Feel valued for their personal achievements both in and out of school. <i>HWB 1-10a</i> <i>HWB 1-11a</i> <i>HWB 1-12a</i> <i>HWB 1-19a</i>	P.E.P.A.S. Suggested Learning – Develop an understanding that physical activity develops fitness. Understanding that practice and refining skills improves levels of performance. Reflect regularly on their skills & strengths to plan next steps. <i>HWB 1-22a</i> <i>HWB 1-24a</i>	Food and Health. Suggested Learning – Develop a range of food preparation & cooking skills. Recognise that preparing & cooking foods can be fun and enjoyable. <i>HWB 1-20a</i> <i>HWB 1-30b</i>	4, 12, 13, 28, 29	28
December	Nurtured Bounceback unit 4 Courage	Food and Health. Suggested Learning – Recognise that people have different nutritional needs throughout their lives. Understand that all life forms need nurtured & cared for. <i>HWB 1-32a</i> <i>HWB 1-50a</i> <i>HWB 1-51a</i>	Healthy Lifestyles. Suggested Learning – Know that family and friends are important to wellbeing. Understand the rules, routines & skills to form & maintain good friendships. Develop strategies to deal with some challenges of friendships/relationships. <i>HWB 1-03a</i> <i>HWB 1-05a</i> <i>HWB 1-44b</i> <i>HWB 1-45a</i>	P.E.P.A.S. Suggested Learning – Develop opportunities to be physically active both in & out of school. Know that physical activity is enjoyable & healthy and should be part of a daily routine. <i>HWB 1-25a</i>	4, 5, 15, 20, 21, 27	15
January	Active Bounceback unit 3 – people bouncing back	P.E.P.A.S. Suggested Learning – Understand how & why physical activity is important for positive wellbeing. Take responsibility for developing their own levels of fitness. <i>HWB 1-11a</i> <i>HWB 1-28a</i>	Food and Health. Suggested Learning – Know that food provides energy needed to grow, learn & be active. Understand the difference between more/less healthy energy giving foods. <i>HWB 1-28a</i> <i>HWB 1-30a</i>	Healthy Lifestyles. Suggested Learning – Understand why they should be physically active 60 mins a day. Recognise ways they can become more active on a daily basis. <i>HWB 1-11a</i> <i>HWB 1-15a</i>	17, 24, 31	31
Week 1 February	Safe Bounceback unit 9 - being safe	Social and Physical Wellbeing – safer internet day and cyber safety week <i>TECH 1-08a</i> <i>HWB 1-09a</i> <i>HWB 1-17a</i>	Social and Physical Wellbeing – safer internet day and cyber safety week <i>TECH 1-08a</i> <i>HWB 1-09a</i> <i>HWB 1-17a</i>	Social and Physical Wellbeing – safer internet day and cyber safety week <i>TECH 1-08a</i> <i>HWB 1-09a</i> <i>HWB 1-17a</i>	12, 19, 24, 33, 36, 37, 39	42

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

February	Respected Bounceback unit 2 – social values	Healthy Lifestyles. Suggested Learning – Be aware of own needs/views/feelings & respect others. Understand factors that can affect emotions (+/-) <i>HWB 1-01a HWB 1-02a</i> <i>HWB 1-07a HWB 1-49a</i>	P.E.P.A.S. Suggested Learning – Listen/share/discuss/compromise when working with others. Respect myself, others & rules of participation <i>HWB 1-04a HWB 1-09a</i> <i>HWB 1-23a HWB 1-45b</i>	Food and Health. Suggested Learning – Explore & enjoy new experiences when eating & socialising with others. Know & respect that there are different reasons why people make food choices. <i>HWB 1-09a HWB 1-29a</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 – Understand local/global issues affecting food choice. Interpret information to make informed choices, while being aware of advertising bias. <i>HWB 1-35a HWB 1-37a</i>	Healthy Lifestyles. Suggested Learning – Understand that they have an important role to play in promoting wellbeing of school & wider community. <i>HWB 1-06a HWB 1-12a</i> <i>HWB 1-13a</i>	P.E.P.A.S. Suggested Learning – Recognise the importance of their role in a range of activities Appreciate the need to follow rules and procedures. Develop a positive attitude towards setting personal goals <i>HWB 1-23a HWB 1-24a</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 - emotions	P.E.P.A.S. Suggested Learning – Develop an understanding of self/others contribute to a team. Work cooperatively, provide and receive peer support. Develop own and other's self-worth and esteem through effective participation. <i>HWB 1-10a HWB 1-23a</i>	Food and Health. Suggested Learning – Know that eating together is an important time to interact with others <i>HWB 1-14a HWB 1-29a</i>	Healthy Lifestyles. Suggested Learning – Accept that everyone has similarities and differences. Learn how to value themselves and others to develop a positive self-esteem. Know that family and friends are important to our health and wellbeing. <i>HWB 1-08a HWB 1-10a HWB 1-44a HWB 1-47a</i>	15, 23, 27, 30	23 Reflecting how we aim to always include everyone
June	Sensitive Lessons using RSHP.scot	P2 - Names of parts of my body (Including vulva, breasts, nipples, scrotum, testicles); My body belongs to me; Private and PANTS Rule; My Friends/Being a friend; Kindness and Emphy; When friends fall out; Looking after plants; life cycles; looking after pets; people who are special to me; when I have a question or a worry; professional people P3 - My Family/All our families are different (Care to be taken for some families); This is how I feel, feeling safe; I am unique, we are similar and different, boys and girls, disability, Heterosexual/LGB (care to be taken for some families);			16	16 Reflective of age of pupils

Adapted for Burnhaven School Context by Burnhaven School Staff
 NHS Lanarkshire would like to acknowledge Jill Woodward as the original creator of this planner (adapted by Burnhaven School)

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

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>

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

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