



# curriculum for excellence: health and wellbeing

experiences and outcomes

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# Health and wellbeing<sup>1</sup>

## Experiences and outcomes

Learning in health and wellbeing ensures that children and young people develop the knowledge and understanding, skills, capabilities and attributes which they need for mental, emotional, social and physical wellbeing now and in the future.

Each establishment, working with partners, should take a holistic approach to promoting health and wellbeing, one that takes account of the stage of growth, development and maturity of each individual, and the social and community context.

### **I can expect my learning environment to support me to:**

- *develop my self-awareness, self-worth and respect for others*
- *meet challenges, manage change and build relationships*
- *experience personal achievement and build my resilience and confidence*
- *understand and develop my physical, mental and spiritual wellbeing and social skills*
- *understand how what I eat, how active I am and how decisions I make about my behaviour and relationships affect my physical and mental wellbeing*
- *participate in a wide range of activities which promote a healthy lifestyle*
- *understand that adults in my school community have a responsibility to look after me, listen to my concerns and involve others where necessary*
- *learn about where to find help and resources to inform choices*
- *assess and manage risk and understand the impact of risk-taking behaviour*
- *reflect on my strengths and skills to help me make informed choices when planning my next steps*
- *acknowledge diversity and understand that it is everyone's responsibility to challenge discrimination.*

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<sup>1</sup>Health and wellbeing experiences and outcomes which are the responsibility of all adults working together are shown in italics.

Because of the nature of development and learning in health and wellbeing, many of the experiences and outcomes are written to span two or more levels. They should be regularly revisited through a wide range of relevant and realistic learning experiences to ensure that every child and young person is progressing in his or her development and learning.


















## Mental, emotional, social and physical wellbeing

Mental, emotional, social and physical wellbeing are essential for successful learning.

The mental, emotional, social and physical wellbeing of everyone within a learning community should be positively developed by fostering a safe, caring, supportive, purposeful environment that enables the development of relationships based on mutual respect. The four aspects of wellbeing are inextricably linked and are only separated here for practical purposes.

	Early	First	Second	Third	Fourth
<b>Mental and emotional wellbeing</b>	<p><i>I am aware of and able to express my feelings and am developing the ability to talk about them.</i></p> <p>  <span style="float: right;"><b>HWB 0-01a / HWB 1-01a / HWB 2-01a / HWB 3-01a / HWB 4-01a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-02a / HWB 1-02a / HWB 2-02a / HWB 3-02a / HWB 4-02a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-03a / HWB 1-03a / HWB 2-03a / HWB 3-03a / HWB 4-03a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-05a / HWB 1-05a / HWB 2-05a / HWB 3-05a / HWB 4-05a</b></span></p>				
	<p><i>I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.</i></p> <p>  <span style="float: right;"><b>HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a</b></span></p>				
	<p><i>I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss.</i></p> <p>  <span style="float: right;"><b>HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-08a / HWB 1-08a / HWB 2-08a / HWB 3-08a / HWB 4-08a</b></span></p>				













## Mental, emotional, social and physical wellbeing (continued)

	Early	First	Second	Third	Fourth
<b>Social wellbeing</b>	<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></p> <p>  <span style="float: right;"><b>HWB 0-09a / HWB 1-09a / HWB 2-09a / HWB 3-09a / HWB 4-09a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-10a / HWB 1-10a / HWB 2-10a / HWB 3-10a / HWB 4-10a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-11a / HWB 1-11a / HWB 2-11a / HWB 3-11a / HWB 4-11a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-12a / HWB 1-12a / HWB 2-12a / HWB 3-12a / HWB 4-12a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-13a / HWB 1-13a / HWB 2-13a / HWB 3-13a / HWB 4-13a</b></span></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></p> <p>  <span style="float: right;"><b>HWB 0-14a / HWB 1-14a / HWB 2-14a / HWB 3-14a / HWB 4-14a</b></span></p>				
<b>Physical wellbeing</b>	<p><i>I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.</i></p> <p>  <span style="float: right;"><b>HWB 0-15a / HWB 1-15a / HWB 2-15a / HWB 3-15a / HWB 4-15a</b></span></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></p> <p> <span style="float: right;"><b>HWB 0-16a / HWB 1-16a / HWB 2-16a / HWB 3-16a / HWB 4-16a</b></span></p>				
	<p><i>I know and can demonstrate how to keep myself and others safe and how to respond in a range of emergency situations.</i></p> <p> <span style="float: right;"><b>HWB 0-17a / HWB 1-17a / HWB 2-17a / HWB 3-17a / HWB 4-17a</b></span></p>				
	<p><i>I know and can demonstrate how to travel safely.</i></p> <p> <span style="float: right;"><b>HWB 0-18a / HWB 1-18a / HWB 2-18a / HWB 3-18a / HWB 4-18a</b></span></p>				

## Planning for choices and changes

Learners need to experience opportunities which are designed not only to raise their awareness of future choices but also raise their expectations and aspirations. They develop the skills for personal planning and making decisions in the context of curriculum, learning and achievement which will prepare them for next stages in life.

Learners should experience activities which enable them to develop the skills and attributes they will need if they are to achieve and sustain positive destinations beyond school. Demands and employment patterns are changing, so it is particularly important for all young people to develop high levels of skill and also an understanding of the world of work, training and lifelong learning so that they can embrace opportunities.

	Early	First	Second	Third	Fourth
	<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></p> <p> <b>HWB 0-19a</b></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></p> <p>  <b>HWB 1-19a</b></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></p> <p>  <b>HWB 2-19a</b></p>	<p><i>I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.</i></p> <p>  <b>HWB 3-19a</b></p>	<p><i>Based on my interests, skills, strengths and preferences, I am supported to make suitable, realistic and informed choices, set manageable goals and plan for my further transitions.</i></p> <p>  <b>HWB 4-19a</b></p>
	<p>I can describe some of the kinds of work that people do and I am finding out about the wider world of work.</p> <p> <b>HWB 0-20a / HWB 1-20a</b></p>		<p>I am investigating different careers/occupations, ways of working, and learning and training paths. I am gaining experience that helps me recognise the relevance of my learning, skills and interests to my future life.</p> <p>  <b>HWB 2-20a / HWB 3-20a / HWB 4-20a</b></p>		











## Physical education, physical activity and sport

### Physical education

Physical education provides learners with a platform from which they can build physical competences, improve aspects of fitness, and develop personal and interpersonal skills and attributes. It enables learners to develop the concepts and skills necessary for participation in a wide range of physical activity, sport, dance and outdoor learning, and enhances their physical wellbeing in preparation for leading a fulfilling, active and healthy lifestyle.











They encounter a variety of practical learning experiences, including working on their own, with a partner and in small and large groups, and using small and large equipment and apparatus, both outdoors and indoors.

Learning in, through and about physical education is enhanced by participating on a regular basis in a wide range of purposeful, challenging, progressive and enjoyable physical activities with choice built in for all learners. The Scottish Government expects schools to continue to work towards the provision of at least two hours of good quality physical education for every child, every week.

	Early	First	Second	Third	Fourth
<b>Movement skills, competencies and concepts</b>	I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.  <b>HWB 0-21a</b>	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.  <b>HWB 1-21a</b>	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.  <b>HWB 2-21a / HWB 3-21a</b>		As I encounter a variety of challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select and apply a wide range of complex movement skills and strategies, creatively, accurately and with consistency and control.  <b>HWB 4-21a</b>
	I am developing my movement skills through practice and energetic play.  <b>HWB 0-22a</b>	I am developing skills and techniques and improving my level of performance and fitness.  <b>HWB 1-22a</b>	I practise, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness.  <b>HWB 2-22a / HWB 3-22a</b>		I can organise my time to practise, consolidate and refine my skills to achieve my highest quality performance in a range of contexts. I am developing and sustaining my level of performance across all aspects of fitness.  <b>HWB 4-22a</b>

## Physical education, physical activity and sport (continued)

### Physical education (continued)






	Early	First	Second	Third	Fourth
<b>Cooperation and competition</b>	<p>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.</p>  <b>HWB 0-23a</b>	<p>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.</p>  <b>HWB 1-23a</b>	<p>While working and learning with others, I improve my range of skills, demonstrate tactics and achieve identified goals.</p>  <b>HWB 2-23a</b>	<p>I am developing the skills to lead and recognise strengths of group members, including myself. I contribute to groups and teams through my knowledge of individual strengths, group tactics, and strategies.</p>  <b>HWB 3-23a</b>	<p>While learning together, and in leadership situations, I can:</p> <ul style="list-style-type: none"> <li>• experience different roles and take responsibility in organising a physical event</li> <li>• contribute to a supportive and inclusive environment</li> <li>• demonstrate behaviour that contributes to fair play.</li> </ul>  <b>HWB 4-23a</b>
<b>Evaluating and appreciating</b>	<p>By exploring and observing movement, I can describe what I have learned about it.</p>  <b>HWB 0-24a</b>	<p>I can recognise progress and achievement by discussing my thoughts and feelings and giving and accepting feedback.</p>  <b>HWB 1-24a</b>	<p>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.</p>  <b>HWB 2-24a</b>	<p>I can analyse and discuss elements of my own and others' work, recognising strengths and identifying areas where improvements can be made.</p>  <b>HWB 3-24a</b>	<p>I can:</p> <ul style="list-style-type: none"> <li>• observe closely, reflect, describe and analyse key aspects of my own and others' performances</li> <li>• make informed judgements, specific to an activity</li> <li>• monitor and take responsibility for improving my own performance based on recognition of personal strengths and development needs.</li> </ul>  <b>HWB 4-24a</b>

## Physical education, physical activity and sport (continued)

### Physical activity and sport

In addition to planned physical education sessions, physical activity and sport take place in the classroom, in the school, during travel such as walking and cycling, in the outdoor environment and in the community. Learning in, through and about physical activity and sport is enhanced by participating in a wide range of purposeful and enjoyable physical pursuits at break times, lunchtimes, within and beyond the place of learning.



The experiences and outcomes are intended to establish a pattern of daily physical activity which, research has shown, is most likely to lead to sustained physical activity in adult life. Experiences and outcomes should also open up opportunities for learners to participate and perform at their highest level in sport and, if interested, pursue careers in the health and leisure industries.

	Early	First	Second	Third	Fourth
	<p><i>I am enjoying daily opportunities to participate in different kinds of energetic play, both outdoors and indoors.</i></p> <p> <b>HWB 0-25a</b></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></p> <p> <b>HWB 1-25a</b></p>	<p>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.</p> <p> <b>HWB 2-25a / HWB 3-25a</b></p>	<p>I continue to enjoy daily participation in moderate to vigorous physical activity and sport and can demonstrate my understanding that it can:</p> <ul style="list-style-type: none"> <li>• contribute to and promote my learning</li> <li>• develop my fitness and physical and mental wellbeing</li> <li>• develop my social skills, positive attitudes and values</li> <li>• make an important contribution to living a healthy lifestyle.</li> </ul> <p>  <b>HWB 4-25a</b></p>	



**Physical education, physical activity and sport (continued)**

**Physical activity and sport (continued)**













	Early	First	Second	Third	Fourth
			<p>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.</p> <p> <b>HWB 2-26a / HWB 3-26a</b></p>		<p>I can explain the role of sport in cultural heritage and have explored the opportunities available for me to participate in school sport and sporting events. I make use of participation and performance pathways that allow me to continue and extend my sporting experience in my place of learning and beyond.</p> <p> <b>HWB 4-26a</b></p>

## Physical education, physical activity and sport (continued)

### Physical activity and health

Learners develop an understanding of their physical health and the contribution made by participation in physical education, physical activity and sport to keeping them healthy and preparing them for life beyond school. They investigate the relationship between diet and physical activity and their role in the prevention of obesity.














The experiences and outcomes are intended to establish a pattern of daily physical activity which, research has shown, is most likely to lead to sustained physical activity in adult life. Physical activity and sport take place in addition to planned physical education sessions, at break times and lunchtimes in and beyond the place of learning.

	Early	First	Second	Third	Fourth
	<p>I know that being active is a healthy way to be.</p> <p> <b>HWB 0-27a</b></p>	<p>I am aware of the role physical activity plays in keeping me healthy and know that I also need to sleep and rest, to look after my body.</p> <p>  <b>HWB 1-27a</b></p>	<p>I can explain why I need to be active on a daily basis to maintain good health and try to achieve a good balance of sleep, rest and physical activity.</p> <p>  <b>HWB 2-27a / HWB 3-27a</b></p>		
	<p>I can describe how I feel after taking part in energetic activities and I am becoming aware of some of the changes that take place in my body.</p> <p> <b>HWB 0-28a</b></p>	<p>I understand that my body needs energy to function and that this comes from the food I eat. I am exploring how physical activity contributes to my health and wellbeing.</p> <p>  <b>HWB 1-28a</b></p>	<p>I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.</p> <p>  <b>HWB 2-28a / HWB 3-28a</b></p>		<p>I have investigated factors which can influence participation in physical activity and food choices, and the impact of activity on population health in the Scottish and wider contexts. I can use this information to discuss policies and inform my own health choices.</p> <p>  <b>HWB 4-28a</b></p>























## Food and health

Learners develop their understanding of a healthy diet, which is one composed of a variety and balance of foods and drinks. They acquire knowledge and skills to make healthy food choices and help to establish lifelong healthy eating habits. They develop an appreciation that eating can be an enjoyable activity and understand the role of food within social and cultural contexts. They explore how the dietary needs of individuals and groups vary through life stages, for example during pregnancy and puberty, and the role of breastfeeding during infancy.















Learners develop knowledge and understanding of safe and hygienic practices and their importance to health and wellbeing and apply these in practical activities and everyday routines including good oral health. They develop awareness that food practices and choices depend on many factors including availability, sustainability, season, cost, religious beliefs, culture, peer pressure, advertising and the media.

	Early	First	Second	Third	Fourth
<b>Nutrition</b>	I enjoy eating a diversity of foods in a range of social situations.  				
	<b>HWB 0-29a / HWB 1-29a / HWB 2-29a / HWB 3-29a / HWB 4-29a</b>				
	Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy.  <b>HWB 0-30a</b>	By investigating the range of foods available I can discuss how they contribute to a healthy diet.   <b>HWB 1-30a</b>  I experience a sense of enjoyment and achievement when preparing simple healthy foods and drinks.   <b>HWB 1-30b</b>	By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan.   <b>HWB 2-30a</b>	By taking part in practical food activities and taking account of current healthy eating advice, I can prepare healthy foods to meet identified needs.   <b>HWB 3-30a</b>	Having researched food and health policy, and dietary legislation, I can explain how this impacts on individuals, the community and the world of work.   <b>HWB 4-30a</b>









## Food and health (continued)

	Early	First	Second	Third	Fourth
<b>Nutrition (continued)</b>				Through practical activities using different foods and drinks, I can identify key nutrients, their sources and functions, and demonstrate the links between energy, nutrients and health.   <b>HWB 3-31a</b>	I can apply my knowledge and understanding of nutrition, current healthy eating advice and the needs of different groups in the community when planning, choosing, cooking and evaluating dishes.   <b>HWB 4-31a</b>
	I know that people need different kinds of food to keep them healthy.  <b>HWB 0-32a</b>	I am beginning to understand that nutritional needs change at different stages of life, for example the role of breastfeeding in infant nutrition.   <b>HWB 1-32a</b>	I understand that people at different life stages have differing nutritional needs and that some people may eat or avoid certain foods.   <b>HWB 2-32a</b>	I am developing my understanding of the nutritional needs of people who have different conditions and requirements.   <b>HWB 3-32a</b>	Having identified diet-related conditions, I can adapt and cook recipes to suit individual needs.   <b>HWB 4-32a</b> Having assessed how lifestyle or life stages can impact on people's nutritional needs, I can explain how these needs are met.   <b>HWB 4-32b</b>
<b>Safe and hygienic practices</b>	I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth.  <b>HWB 0-33a / HWB 1-33a</b>		Having learned about cleanliness, hygiene and safety, I can apply these principles to my everyday routines, understanding their importance to health and wellbeing.   <b>HWB 2-33a</b>	I can apply food safety principles when buying, storing, preparing, cooking and consuming food.   <b>HWB 3-33a</b>	Having explored the conditions for bacterial growth, I can use this knowledge to inform my practice and control food safety risks.   <b>HWB 4-33a</b>

## Food and health (continued)

	Early	First	Second	Third	Fourth
<b>Food and the consumer</b>			<p>Through exploration and discussion, I can understand that food practices and preferences are influenced by factors such as food sources, finance, culture and religion.</p>   <b>HWB 2-34a</b>	<p>Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.</p>   <b>HWB 3-34a / HWB 4-34a</b>	
	<p>I explore and discover where foods come from as I choose, prepare and taste different foods.</p>  <b>HWB 0-35a</b>	<p>When preparing and cooking a variety of foods, I am becoming aware of the journeys which foods make from source to consumer, their seasonality, their local availability and their sustainability.</p>  <b>HWB 1-35a / HWB 2-35a</b>			<p>Having investigated the effects of food processing on the nutritional value of foods, I can critically assess the place of processed foods in a healthy balanced diet.</p>   <b>HWB 4-35a</b>
			<p>By investigating food labelling systems, I can begin to understand how to use them to make healthy food choices.</p>   <b>HWB 2-36a</b>	<p>Using my knowledge of nutrition and current healthy eating advice, I can evaluate the information on food packaging, enabling me to make informed choices when preparing and cooking healthy dishes.</p>   <b>HWB 3-36a</b>	<p>I have examined and evaluated food packaging and can understand the legal requirements for manufacturers.</p>   <b>HWB 4-36a</b>


















**Food and health (continued)**

	Early	First	Second	Third	Fourth
<b>Food and the consumer (continued)</b>		<p>I am discovering the different ways that advertising and the media can affect my choices.</p> <p>  <b>HWB 1-37a</b></p>	<p>I can understand how advertising and the media are used to influence consumers.</p> <p>  <b>HWB 2-37a</b></p>		<p>By investigating different influences on the consumer, I can discuss how consumers can be influenced by external sources.</p> <p>  <b>HWB 4-37a</b></p> <p>I can explain basic legal rights and responsibilities of the consumer, recognising the agencies that can help.</p> <p>  <b>HWB 4-37b</b></p>

























## Substance misuse

Learners develop their understanding of the use and misuse of a variety of substances including over the counter and prescribed medicines, alcohol, drugs, tobacco and solvents. They explore and develop their understanding of the impact of risk-taking behaviour on their life choices. The experiences and outcomes will enable learners to make informed personal choices with the aim of promoting healthy lifestyles.




















	Early	First	Second	Third	Fourth
	<p>I understand there are things I should not touch or eat and how to keep myself safe, and I am learning what is meant by medicines and harmful substances.</p> <p> <b>HWB 0-38a</b></p>	<p>I know that there are medicines and some other substances that can be used in a safe way to improve health and I am becoming aware of how choices I make can affect my health and wellbeing.</p> <p>  <b>HWB 1-38a</b></p>	<p>I understand the effect that a range of substances including tobacco and alcohol can have on the body.</p> <p>  <b>HWB 2-38a</b></p>	<p>I understand the positive effects that some substances can have on the mind and body but I am also aware of the negative and serious physical, mental, emotional, social and legal consequences of the misuse of substances.</p> <p>  <b>HWB 3-38a / HWB 4-38a</b></p>	
			<p>I know that popular culture, the media and peer groups as well as my own attitudes and values can influence how I feel about substance use and recognise the impact this may have on my actions.</p> <p>  <b>HWB 2-39a / HWB 3-39a</b></p>		<p>Through investigation, I can explain how images of substance use and misuse can influence people's behaviour.</p> <p>  <b>HWB 4-39a</b></p>
			<p>I know that alcohol and drugs can affect people's ability to make decisions.</p> <p>  <b>HWB 2-40a</b></p>	<p>I am developing a range of skills which can support decision making about substance use. I can demonstrate strategies for making informed choices to maintain and improve my health and wellbeing and can apply these in situations that may be stressful or challenging, or involve peer pressure.</p> <p>  <b>HWB 3-40a / HWB 4-40a</b></p>	
				<p>I know how to access information and support for substance-related issues.</p> <p>  <b>HWB 3-40b / HWB 4-40b</b></p>	

## Substance misuse (continued)




















	Early	First	Second	Third	Fourth
			<p>I can identify the different kinds of risks associated with the use and misuse of a range of substances.</p> <p>  HWB 2-41a</p>	<p>After assessing options and the consequences of my decisions, I can identify safe and unsafe behaviours and actions.</p> <p>  HWB 3-41a / HWB 4-41a</p> <p>I know that the use of alcohol and drugs can affect behaviour and the decisions that people make about relationships and sexual health.</p> <p>  HWB 3-41b / HWB 4-41b</p>	
	<p>I can show ways of getting help in unsafe situations and emergencies.</p> <p> HWB 0-42a</p>	<p>I know how to react in unsafe situations and emergencies.</p> <p> HWB 1-42a</p>	<p>I know of actions I can take to help someone in an emergency.</p> <p>  HWB 2-42a</p>	<p>I know the action I should take in the management of incidents and emergencies related to substance misuse.</p> <p>  HWB 3-42a / HWB 4-42a</p>	
			<p>I understand the impact that misuse of substances can have on individuals, their families and friends.</p> <p>  HWB 2-43a</p>	<p>I understand the impact that ongoing misuse of substances can have on a person's health, future life choices and options.</p> <p>  HWB 3-43a / HWB 4-43a</p>	
				<p>Through investigating substance misuse in my local community I can reflect on specific issues, and discuss how they are being addressed.</p> <p>  HWB 3-43b</p>	<p>By researching the impact of substance misuse nationally and internationally I can explain similarities and differences among communities.</p> <p>  HWB 4-43b</p> <p>I understand the local, national and international impact of substance misuse.</p> <p>  HWB 4-43c</p>

## Relationships, sexual health and parenthood




















Learners develop an understanding of how to maintain positive relationships with a variety of people and are aware of how thoughts, feelings, attitudes, values and beliefs can influence decisions about relationships, and sexual health. They develop their understanding of the complex roles and responsibilities of being a parent or carer.

	Early	First	Second	Third	Fourth
	<p><i>I am aware of how friendships are formed and that likes, dislikes, special qualities and needs can influence relationships.</i></p> <p> <b>HWB 0-44a / HWB 1-44a</b></p> <p><i>I understand positive things about friendships and relationships but when something worries or upsets me I know who I should talk to.</i></p> <p> <b>HWB 0-44b / HWB 1-44b</b></p>	<p>I understand that a wide range of different kinds of friendships and relationships exist.</p> <p>  <b>HWB 2-44a</b></p> <p><i>I am aware that positive friendships and relationships can promote health and the health and wellbeing of others.</i></p> <p>  <b>HWB 2-44b</b></p>	<p>I understand the importance of being cared for and caring for others in relationships, and can explain why.</p> <p>  <b>HWB 3-44a / HWB 4-44a</b></p> <p><i>I understand and can demonstrate the qualities and skills required to sustain different types of relationships.</i></p> <p>  <b>HWB 3-44b / HWB 4-44b</b></p> <p>I understand and can explain the importance of, and need for, commitment, trust and respect in loving and sexual relationships. I understand the different contexts of such relationships including marriage.</p> <p>  <b>HWB 3-44c / HWB 4-44c</b></p>		
	<p>I know that there are people in our lives who care for and look after us and I am aware that people may be cared for by parents, carers or other adults.</p> <p> <b>HWB 0-45a / HWB 1-45a</b></p>	<p>I am identifying and practising skills to manage changing relationships and I understand the positive impact this can have on my emotional wellbeing.</p> <p>  <b>HWB 2-45a</b></p>	<p>I recognise that power can exist within relationships and can be used positively as well as negatively.</p> <p>  <b>HWB 3-45a / HWB 4-45a</b></p>		
	<p><i>I am aware of the need to respect personal space and boundaries and can recognise and respond appropriately to verbal and non-verbal communication.</i></p> <p>  <b>HWB 0-45b / HWB 1-45b / HWB 2-45b / HWB 3-45b / HWB 4-45b</b></p>				

## Relationships, sexual health and parenthood (continued)

	Early	First	Second	Third	Fourth
				<p>I reflect on how my attitudes, beliefs, values and morality can influence my decisions about friendships, relationships and sexual behaviour.    <b>HWB 3-46a / HWB 4-46a</b></p> <p>I know that popular culture, the media and peer pressure can influence how I feel about myself and the impact this may have on my actions.    <b>HWB 3-46b / HWB 4-46b</b></p> <p>I am developing skills for making decisions about my relationships and sexual behaviour. I am able to apply these to situations that may be challenging or difficult.    <b>HWB 3-46c / HWB 4-46c</b></p>	
	<p>I recognise that we have similarities and differences but are all unique.   <b>HWB 0-47a / HWB 1-47a</b></p> <p>I am aware of my growing body and I am learning the correct names for its different parts and how they work.   <b>HWB 0-47b / HWB 1-47b</b></p>		<p>I recognise that how my body changes can affect how I feel about myself and how I may behave.    <b>HWB 2-47a</b></p>	<p>I understand my own body's uniqueness, my developing sexuality, and that of others.    <b>HWB 3-47a / HWB 4-47a</b></p> <p>Using what I have learned I am able to make informed decisions and choices that promote and protect my own and others' sexual health and wellbeing.    <b>HWB 3-47b / HWB 4-47b</b></p>	
	<p>I am learning what I can do to look after my body and who can help me.   <b>HWB 0-48a / HWB 1-48a</b></p>		<p>I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene.    <b>HWB 2-48a</b></p>	<p>I know how to access services, information and support if my sexual health and wellbeing is at risk. I am aware of my rights in relation to sexual health including my right to confidentiality, and my responsibilities, including those under the law.    <b>HWB 3-48a / HWB 4-48a</b></p>	

## Relationships, sexual health and parenthood (continued)

	Early	First	Second	Third	Fourth
	<p>I am learning about respect for my body and what behaviour is right and wrong. I know who I should talk to if I am worried about this.</p> <p> <b>HWB 0-49a / HWB 1-49a</b></p>	<p>I know that all forms of abuse are wrong and I am developing the skills to keep myself safe and get help if I need it.</p> <p>  <b>HWB 2-49a</b></p>	<p>I know how to manage situations concerning my sexual health and wellbeing and am learning to understand what is appropriate sexual behaviour.</p> <p>  <b>HWB 3-49a / HWB 4-49a</b></p> <p>I know where to get support and help with situations involving abuse and I understand that there are laws which protect me from different kinds of abuse.</p> <p>  <b>HWB 3-49b / HWB 4-49b</b></p>		
	<p>I am learning about where living things come from and about how they grow, develop and are nurtured.</p> <p> <b>HWB 0-50a / HWB 1-50a</b></p>	<p>I am able to describe how human life begins and how a baby is born.</p> <p>  <b>HWB 2-50a</b></p>			
	<p>I am able to show an awareness of the tasks required to look after a baby.</p> <p> <b>HWB 0-51a / HWB 1-51a</b></p>	<p>I can describe the role of a parent/carer and the skills, commitment and qualities the role requires.</p> <p>  <b>HWB 2-51a</b></p>	<p>I can explain the importance and the enduring and complex responsibility of being a parent/carer, and the impact on life choices and options.</p> <p>  <b>HWB 3-51a / HWB 4-51a</b></p> <p>I can explain the support and care necessary to ensure a child is nurtured through the different stages of childhood.</p> <p>  <b>HWB 3-51b</b></p>	<p>Through investigation I can explain the support available for parents and carers looking after babies and bringing up children.</p> <p>  <b>HWB 4-51b</b></p>	

## Appendix – Explanations

These provide definitions of terms or advice on particular experiences and outcomes.

### Introductory statements

#### Resilience

The development of resilience or coping skills is particularly important to young people as increasing numbers are struggling through school and life with social and emotional needs that greatly challenge schools and welfare agencies.

A resilient child can resist adversity, cope with uncertainty and recover more successfully from traumatic events or episodes.

### Mental, emotional, social and physical wellbeing

#### Mental wellbeing

Mental wellbeing refers to the health of the mind, the way we think, perceive, reflect on and make sense of the world.

#### Mental health

The World Health Organisation describes mental health as:

‘a state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.’

#### Emotional wellbeing

Emotional wellbeing refers to recognising, understanding and effectively managing our feelings and emotions.

#### Social wellbeing

Social wellbeing refers to being and feeling secure in relationships with family, friends and community, having a sense of belonging and recognising and understanding our contribution in society.

#### Social wellbeing – HWB 0-12a, etc

This will be developed by raising the young person’s awareness, understanding and experience of participation in consultation, citizenship and volunteering activities within the formal and informal curriculum.

#### Self-esteem/Self-worth

Self-esteem is a self rating of how well the self is doing. It means:

- the way we feel about ourselves
- the way we feel about our abilities
- the value we place on ourselves as human beings.

#### Physical wellbeing

Physical wellbeing refers to the knowledge, skills and attitudes that we need to understand how physical factors affect our health.

#### Physical wellbeing – HWB 0-18a, etc

This applies to all kinds of travel – whether on foot, bicycle, motor vehicle or public transport. To support the reduction of road accidents, it is the responsibility of all adults to teach and encourage good road safety practice and to reinforce this by modelling appropriate behaviour.

Particular attention should be paid at times of transition, especially during the transition from primary to secondary school, where there is a significant increase in road traffic accidents.

#### Emotional literacy

Being ‘emotionally literate’ means having the ability to identify, understand and express emotions in a healthy way.



## Physical education, physical activity and sport

### Physical education

#### Movement skills, competences and concepts

There are two progressive pathways within this line of development. The first concentrates on using your body to perform and link increasingly complex actions and is about developing physical competences in learners which allow them to participate in physical activities. This forms part of the social inclusion agenda.

The second concentrates on the development of high quality performance in a range of contexts, and improving fitness.

Physical experiences and contexts for learning within these lines of development include: gymnastics, dance, water-based activity, directly/indirectly competitive activities and individual/team activities.

#### Cooperation and competition

The term physical event is deliberately wide as it allows practitioners to utilise a variety of opportunities to deliver the outcome, including, school and local authority competitions, come and try sessions, participation days, festivals and other organised activities.

#### Physical activity and sport

This line of development addresses the role that schools play in widening activity participation and performance pathways in Scottish sport. Its placement encourages participation and performance at the age most suited to the individual. This should help establish a behaviour pattern in sport which evidence has shown is a strong predictor of participation into adult life.

Moderate activity is that of sufficient intensity to raise the heart and respiration rate. It is characterised by being slightly out of breath and having a raised body temperature.

Vigorous activity is of an intensity to significantly raise the heart and respiration rate. It is characterised by being breathless and perspiring.

## Relationships, sexual health and parenthood

### HWB 0-47b / HWB 1-47b

While important to acknowledge that people use different words for parts of the body associated with sexuality and sexual reproduction, it is essential to introduce and use the proper anatomical terms as early as possible, taking account of cultural and faith perspectives. This provides an appropriate language for learning about relationships and sexual health in establishments and is helpful to professionals and others with a health, care and welfare role.