

**TRACKING AND MONITORING - SAFE**

Context for Learning	Success Criteria
	ongoing complete
<b>FOOD AND HEALTH</b>	<p><b>Demonstrate</b> safe and hygienic practice when preparing, handling and storing food. <i>HWB 2-33a</i></p> <p><b>Describe</b> ways in which germs can be formed, spread and controlled. <i>HWB 2-15a</i></p> <p><b>Explain</b> ways to prevent food poisoning. <i>HWB 2-33a</i></p> <p><b>Reflect</b> on own learning of safety and hygiene and apply this to display hygienic practice. <i>HWB 2-33a</i></p>
<b>HEALTHY LIFESTYLES</b>	<p><b>Explain</b> what peer pressure is and how it can affect me. <i>HWB 2-16a/2-39a</i></p> <p><b>Discuss</b> and <b>demonstrate</b> different strategies I could use when faced with unwanted pressure. <i>HWB 2-17a/2-39a</i></p> <p><b>Reflect</b> on the choices and decisions I make in real and imaginary situations. <i>HWB 2-16a</i></p>
<b>P.E.P.A.S</b>	<p><b>Demonstrate</b> different ways of moving my body safely, creatively and with control. <i>HWB 2-21a</i></p> <p><b>Create</b> a short sequence of actions, linking movements in a controlled and smooth manner. <i>HWB 2-21a</i></p> <p><b>Assess</b> risk and <b>demonstrate</b> safety when working and sharing space with others. <i>HWB 2-16a</i></p>

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Teaching and Learning Comments	<p><b>Skills for Learning</b></p> <p>Creating</p> <p>Evaluating</p> <p>Analysing</p> <p>Applying</p> <p>Understanding</p> <p>Remembering</p>	<p><b>Skills for Life</b></p> <p>Literacy</p> <p>Numeracy</p> <p>Health &amp; Wellbeing</p> <p>Enterprise across Learning</p>
	<p><b>Skills for Work</b></p> <p>Communicating</p> <p>Working with others</p> <p>Solving problems</p> <p>Thinking critically and creatively</p> <p>Learning and continuing to learn</p> <p>Managing time</p> <p>Planning and organising</p> <p>Taking responsibility for own development</p>	

**TRACKING AND MONITORING - HEALTHY**

Contexts for Learning	Success Criteria
	<span style="background-color: yellow;">ongoing</span> <span style="background-color: green;">complete</span>
<b>FOOD AND HEALTH</b>	<p><b>Record</b> and <b>reflect</b> on my own and others' food and drink choices. <b>HWB 2-30a</b></p> <p><b>Discuss</b> ways to make healthier choices. <b>HWB 2-30a</b></p> <p><b>Examine</b> the main nutritional information that is displayed on a food labels and use this to make healthy food choices. <b>HWB 2-36a</b></p> <p><b>Explain</b> the importance of reading and understanding food labels. <b>HWB 2-36a</b></p>
<b>HEALTHY LIFESTYLES</b>	<p><b>Explain</b> what is meant by the term 'healthy lifestyle.' <b>HWB 2-15a</b></p> <p><b>Give examples</b> of ways in which I can achieve a healthy body and mind eg, exercise, healthy eating, positive relationships etc. <b>HWB 2-15a</b></p> <p><b>Explain</b> the consequences of poor health choices on my health and wellbeing now and in the future. <b>HWB 2-15a</b></p>
<b>P.E.P.A.S</b>	<p><b>Compare</b> and <b>contrast</b> different factors that influence my participation in daily activity eg, rest and sleep. <b>HWB 2-15a /HWB 2-27a</b></p> <p><b>Explain</b> how I can achieve a good balance of daily physical activity, rest and sleep. <b>HWB 2-27a</b></p> <p><b>Record</b> and <b>evaluate</b> my own levels of physical activity, rest and sleep and set goals to ensure I have the correct daily balance. <b>HWB 2-27a</b></p>

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<b>Teaching and Learning Comments</b>	<b>Skills for Learning</b>	<b>Skills for Life</b>
	Creating Evaluating Analysing Applying Understanding Remembering	Literacy Numeracy Health & Wellbeing Enterprise across Learning
	<b>Skills for Work</b>	
	Communicating Working with others Solving problems Thinking critically and creatively Learning and continuing to learn Managing time Planning and organising Taking responsibility for own development	

**TRACKING AND MONITORING - ACHIEVING**

Contexts for Learning	Success Criteria					
	ongoing	complete				
<b>FOOD AND HEALTH</b>	<p><b>Apply</b> a range of practical and problem-solving skills when preparing and cooking food. <b>HWB 2-35a</b></p> <p><b>Cooperate</b> with others when planning, preparing and cooking food. <b>HWB 2-35a</b></p> <p><b>Evaluate</b> my own and others skills and areas for development. <b>HWB 2-19a</b></p> <p><b>Explain</b> how practical food activities can be an enjoyable experience and help me in the future. <b>HWB 2-19a/20a</b></p>					
<b>HEALTHY LIFESTYLES</b>	<p><b>Discuss</b> my own interests, skills and abilities in and out of school and areas for personal development . <b>HWB 2-13a</b></p> <p><b>Explain</b> how I have achieved success and how this makes me feel. <b>HWB 2-12a</b></p> <p><b>Discuss</b> factors that may increase or decrease my motivation to achieve success. <b>HWB 2-11a</b></p> <p><b>Explain</b> some of the challenges to achieving success and suggest ways to overcome them. <b>HWB 2-11a</b></p>					
<b>P.E.P.A.S</b>	<p><b>Demonstrate</b> a good range of movement and decision-making skills within and across a range of contexts. <b>HWB 2-22a</b></p> <p><b>Listen, make decisions and take responsibility</b> for my own learning. <b>HWB 2-24a</b></p> <p><b>Explain</b> how a range of skills and attributes can be applied within and across a range of contexts. <b>HWB 2-24a</b></p> <p><b>Evaluate</b> my own and others' performance against shared criteria. <b>HWB 2-24a</b></p>					
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<b>Teaching and Learning Comments</b>		<table border="1" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Skills for Learning</b></p> <p>Creating</p> <p>Evaluating</p> <p>Analysing</p> <p>Applying</p> <p>Understanding</p> <p>Remembering</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Skills for Life</b></p> <p>Literacy</p> <p>Numeracy</p> <p>Health &amp; Wellbeing</p> <p>Enterprise across Learning</p> </td> </tr> <tr> <td colspan="2" style="text-align: center;"> <p><b>Skills for Work</b></p> <p>Communicating</p> <p>Working with others</p> <p>Solving problems</p> <p>Thinking critically and creatively</p> <p>Learning and continuing to learn</p> <p>Managing time</p> <p>Planning and organising</p> <p>Taking responsibility for own development</p> </td> </tr> </table>	<p><b>Skills for Learning</b></p> <p>Creating</p> <p>Evaluating</p> <p>Analysing</p> <p>Applying</p> <p>Understanding</p> <p>Remembering</p>	<p><b>Skills for Life</b></p> <p>Literacy</p> <p>Numeracy</p> <p>Health &amp; Wellbeing</p> <p>Enterprise across Learning</p>	<p><b>Skills for Work</b></p> <p>Communicating</p> <p>Working with others</p> <p>Solving problems</p> <p>Thinking critically and creatively</p> <p>Learning and continuing to learn</p> <p>Managing time</p> <p>Planning and organising</p> <p>Taking responsibility for own development</p>	
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**TRACKING AND MONITORING - NURTURED**

Context for Learning	Success Criteria
	ongoing complete
<b>FOOD AND HEALTH</b>	<b>Explain</b> why people’s nutritional needs change at different stages of their lives. <b>HWB 2-32a</b> <b>Explain</b> factors that may influence an individual’s decision to eat or avoid certain foods. <b>HWB 2-32a</b> <b>Discuss</b> how food choices and restrictions can impact on other aspects of health and wellbeing. <b>HWB 2-32a</b>
<b>HEALTHY LIFESTYLES</b>	<b>Describe</b> the different kinds of friendships and relationships that I am part of at school, home and in the wider community. <b>*HWB 2-44a</b> <b>Explain</b> how my friendships and relationships can change as I grow and develop. <b>*HWB 2-44a</b> <b>Discuss</b> and <b>demonstrate</b> a range of qualities needed to form and maintain friendships and relationships eg. compromise, forgiveness, respect for self and others. <b>HWB 2-05a</b> <b>Explain</b> and <b>demonstrate</b> how to resolve conflict and access support in difficult times. <b>HWB 2-03a</b>
<b>P.E.P.A.S</b>	<b>Investigate</b> different sports opportunities available to me at school and in my community. <b>HWB 2-26a</b> <b>Organise</b> activities within my school to allow everyone to take part in physical activity and sport. <b>HWB 2-11a</b>

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Teaching and Learning Comments	Skills for Learning	Skills for Life
	Creating Evaluating Analysing Applying Understanding Remembering	Literacy Numeracy Health & Wellbeing Enterprise across Learning
	Skills for Work	
	Communicating Working with others Solving problems Thinking critically and creatively Learning and continuing to learn Managing time Planning and organising Taking responsibility for own development	

\*RSHP E's and O's

**TRACKING AND MONITORING- ACTIVE**

Context for Learning	Success Criteria
	ongoing    complete
<b>FOOD AND HEALTH</b>	<p><b>Compare</b> the amount of energy provided by different types of food. <b>HWB 2-28a</b></p> <p><b>Explain</b> how I can help myself and others to achieve the correct energy balance of food intake and exercise. <b>HWB 2-28a</b></p> <p><b>Explain</b> some of the longer term effects of poor energy balance on health and wellbeing eg, weight gain. <b>HWB 2-15a</b></p>
<b>HEALTHY LIFESTYLES</b>	<p><b>Explain</b> some of the physical, mental and social benefits of taking part in outdoor physical activity. <b>HWB 2-15a/25a</b></p> <p><b>Describe</b> how I can participate in more outdoor activity. <b>HWB 2-25a</b></p> <p><b>Create</b> an activity plan to increase the amount of outdoor activity I do at home and school eg, Active Travel. <b>HWB 2-25a</b></p>
<b>P.E.P.A.S</b>	<p><b>Explain</b> how low and high intensity activities place different demands on my body. <b>HWB 2-25a</b></p> <p><b>Select</b> and <b>apply</b> a range of methods to record energy input and expenditure within a range of physical activities.</p> <p><b>Discuss</b> how I can maintain the correct balance of energy in and out, before, during and after physical activity. <b>HWB 2-28a</b></p>

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	<p style="text-align: center;"><b>Skills for Work</b></p> <p>Communicating Working with others Solving problems Thinking critically and creatively Learning and continuing to learn Managing time Planning and organising Taking responsibility for own development</p>	

**TRACKING AND MONITORING - RESPECTED**

Context for Learning	Success Criteria
	ongoing complete
<b>FOOD AND HEALTH</b>	<b>Explain</b> a range of factors that determine peoples' food choices eg, culture, personal preference, medical demands, lifestyle etc. <b>HWB 2-34a</b> <b>Demonstrate</b> respect for individual differences and opinions. <b>HWB 2-09a</b>
<b>HEALTHY LIFESTYLES</b>	<b>Identify</b> a range of factors that can affect the way I am feeling. <b>HWB 2-04a</b> <b>Demonstrate</b> strategies for dealing with my emotions in a positive way. <b>HWB 2-01a</b> <b>Describe</b> how to access support to be able to manage my behaviour/feelings. <b>HWB 2-02a</b>
<b>P.E.P.A.S</b>	<b>Demonstrate</b> good communication, team building and problem solving skills in a range of practical situations. <b>HWB 2-23a</b> <b>Demonstrate</b> how to work as an effective team member, appreciating that we all have different strengths and weaknesses. <b>HWB 2-09a</b> <b>Discuss</b> how my group managed a task and <b>describe</b> how we could have improved and worked towards our goal more effectively. <b>HWB 2-23a</b>

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	<b>Skills for Work</b> Communicating Working with others Solving problems Thinking critically and creatively Learning and continuing to learn Managing time Planning and organising Taking responsibility for own development	

**TRACKING AND MONITORING - RESPONSIBLE**

Context for Learning	Success Criteria
	ongoing complete
<b>FOOD AND HEALTH</b>	<b>Explain</b> factors that affect people’s food choice eg, cost, availability, seasonality and sustainability. <b>HWB 2-35a</b> <b>Discuss/debate</b> issues related to importing and exporting food from and to other countries. <b>HWB 2-35a</b> <b>Apply</b> tactics used by advertising companies to influence the sale of their products. <b>HWB 2-37a</b> <b>Apply</b> my knowledge of media bias to make informed decisions. <b>HWB 2-37a</b>
<b>HEALTHY LIFESTYLES</b>	<b>Discuss</b> the challenges that face me now and in the future. <b>HWB 2-03a</b> <b>Identify</b> simple strategies to deal with difficult situations. <b>HWB 2-03a/HWB 2-07a</b> <b>Explain</b> how I can access support to help me deal with challenges now and in the future. <b>HWB 2-03a/HWB 2-07a</b>
<b>P.E.P.A.S</b>	<b>Collaborate</b> with others to devise my own success criteria in a range of activities. <b>HWB 2-24a</b> <b>Select</b> and <b>apply</b> suitable recording methods to monitor my own and others’ progress. <b>HWB 2-24a</b> <b>Reflect</b> on my own and others’ performance to help plan my next steps. <b>HWB 2-24a</b> <b>Compile</b> an action plan to achieve my next steps. <b>HWB 2-24a</b>

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**TRACKING AND MONITORING – INCLUDED**

Context for Learning	Success Criteria
	ongoing complete
<b>FOOD AND HEALTH</b>	<p><b>Explain</b> why it is important to interact with family, friends and new people in a range of social situations. <i>HWB 2-14a</i></p> <p><b>Demonstrate</b> good manners and social skills with familiar and unfamiliar people in a range of situations. <i>HWB 2-14a</i></p> <p><b>Discuss</b> and <b>set</b> expectations for eating together. <i>HWB 2-29a</i></p> <p>Work with others to <b>plan</b> and <b>organise</b> an event that will allow others to share in the enjoyment of eating together. <i>HWB 2-29a</i></p>
<b>HEALTHY LIFESTYLES</b>	<p><b>Identify</b> feelings and behaviours associated with being alone and excluded. <i>HWB 2-08a</i></p> <p><b>Describe</b> and begin to <b>demonstrate</b> ways of giving support to others in different situations. <i>HWB 2-08a</i></p> <p><b>Discuss</b> different types of bullying and discrimination and ways to challenge them. <i>HWB 2-08a</i></p> <p><b>Demonstrate</b> a commitment towards making my school a place that values equality and inclusion. <i>HWB 2-10a</i></p>
<b>P.E.P.A.S</b>	<p><b>Identify</b> who can support me to fulfill my own interests in and beyond school. <i>HWB 2-11a</i></p> <p><b>Explain</b> the benefits and opportunities that physical activity and sport can offer me in the long-term. <i>HWB 2-26a</i></p>

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