Physical wellbeing

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.

HWB 1-15a

Relationships, sexual health and parenthood

I am learning what I can do to look after my body and who can help me.

HWB 1-48a

P.E.P.A.S

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.

HWB 1-27a

healthy

Relationships, sexual health and parenthood

I am aware of my growing body and I am learning the correct names for its different parts and how they work.

HWB 1-47b

Substance misuse

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.

HWB 1-38a

Food and Health

By investigating the range of foods available I can discuss how they contribute to a healthy diet.

HWB 1-30a

To support Rights Respecting Schools, here are the suggested articles in child friendly language that link to the wellbeing indicator 'HEALTHY'.

Article 13

You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

Article 16

You have the right to privacy.

Article 17

You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

Article 24

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

Article 31

You have the right to play and rest.