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 2-15a

P.E.P.A.S

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.

HWB 2-27a

Relationships, sexual health and parenthood

Relationships,

sexual health and

parenthood

I am able to describe

how human life

begins and how a

baby is born.

HWB 2-50a

I recognise that how my body changes can affect how I feel about myself and how I might behave. HWB 2-47a

healthy

Food and Health

By applying my knowledge and understanding of current healthy eating advice I can contribute to a healthy eating plan.

HWB 2-30a

Substance misuse

I understand the impact that misuse of substances can have on individuals, their families and friends.

HWB 2-43a

Food and Health

By investigating food labelling systems, I can begin to understand how to use them to make healthy food choices.

HWB 2-36a

Substance misuse

I know that alcohol can affect people's ability to make decisions.

HWB 2-40a

Substance misuse

I understand the effect that a range of substances including tobacco and alcoholcan have on the body

. HWB 2-38a

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.