



Curriculum Checklist

This document should be used alongside our Primary group activities and/or Secondary group activities for Children's Mental Health Week 2019 (4-10 February), which you can find in the same folder.

It is designed to help teachers and other school staff to meet the desired outcomes for key stages 1-3 in England and Wales and the Curriculum for Excellence in Scotland when exploring this year's theme Healthy: Inside and Out, which is all about looking after our bodies and minds.

Section	Activity	Curriculum notes
Primary: Infants	Food and Feelings	England and Wales: Art, KS1 & 2 <i>To use drawing, painting and sculpture to develop and share ideas, experiences and imagination.</i> Scotland: Physical Education, Physical Activity and Sport, First Level <i>Understanding that the body needs energy to function and that this comes from the food we eat.</i>
	Playground games around the world	England and Wales: English, KS1 & 2 <i>Participation in discussions, presentations, performances, role play, improvisations and debates.</i> Scotland: Physical Education, Physical Activity and Sport, First Level <i>Following and understanding rules and procedures, developing the ability to achieve personal goals. Recognising and able to adopt different roles in a range of practical activities.</i>
	Sleep tips	England and Wales: English, KS1 & 2 <i>Building vocabulary. Well-structured descriptions, explanations and narratives for different purposes, including for expressing feeling. Collaborative conversations.</i> Scotland: Physical Education, Physical Activity and Sport, First Level <i>Awareness of the role physical activity plays in health and the need to sleep and rest to look after the body.</i>
Primary: Juniors	Connecting through food	England and Wales: Geography, KS1, 2 & 3 <i>Location and place knowledge. Human and physical geography.</i> Scotland: Food and Health, Second Level <i>Ability to understand through exploration and discussion that food practices and preferences are influenced by factors such as food sources, finance, culture and religion.</i>
	Get up and go!	England and Wales: PE, KS1 & 2 <i>Take part in outdoor activities and challenges both individually and in teams.</i> Scotland: Physical Education, Physical Activity and Sport, Second & Third Level <i>Experiencing enjoyment and achievement by taking part in different kinds of energetic physical activities, including sport and opportunities for outdoor learning, available at the place of learning and in the wider community.</i>

	Calm time before bed	<p>England and Wales: Art, KS1 & 2 To create sketch books to record observations and use them to review and revisit ideas.</p> <p>Scotland: Physical Education, Physical Activity and Sport, Second & Third Level Explaining the 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>
Secondary: Main task	<p>Food and community</p> <p>Why do we exercise?</p> <p>Are we sleep experts?</p>	<p>England and Wales: History, KS3 A local history study.</p> <p>Scotland: Food and Health, Third & Fourth Level Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.</p> <p>England and Wales: Biology, KS3 Structure and function of living organisms. Nutrition and digestion.</p> <p>Scotland: Physical Education, Physical Activity and Sport, Second & Third Level Explaining the 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>England and Wales (PSHE Association): PSHE, KS3 & 4 How to maintain physical, mental and emotional health and wellbeing.</p> <p>Scotland: Physical Education, Physical Activity and Sport, Second & Third Level Explaining the 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>
Secondary: Extension	<p>Relationships with food and drink</p> <p>Being active and mental health</p> <p>Screen time and sleep</p>	<p>England and Wales: Cooking and Nutrition, KS3 Understand and apply the principles of nutrition.</p> <p>Scotland: Food and Health, Third & Fourth Level Having explored a range of issues which may affect food choice, I can discuss how this could impact on the individual's health.</p> <p>England and Wales (PSHE Association): PSHE, KS3 & 4 How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health.</p> <p>Scotland: Physical Education, Physical Activity and Sport, Fourth Level Demonstrating understanding that physical activity and sport can contribute to and promote learning; develop fitness and physical and mental wellbeing; develop social skills, positive attitudes and values and make an important contribution to living a healthy lifestyle.</p> <p>England and Wales (PSHE Association): PSHE, KS3 & 4 How to maintain physical, mental and emotional health and wellbeing.</p> <p>Scotland: Physical Education, Physical Activity and Sport, Second & Third Level Experiencing enjoyment and achievement by taking part in different kinds of energetic physical activities, including sport and opportunities for outdoor learning, available at the place of learning and in the wider community.</p>