

## **Curriculum for Excellence Links- Our Amazing Body**

**SCN 2-12a** - By investigating some body systems and potential problems which they may develop, I can make informed decisions to help me to maintain my health and wellbeing.

**HWB 2-27a** - 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 2-28a** - I can explain the links between the energy I use while being physically active, the food I eat, and my health and wellbeing.

**MNU 2-11a** - I can use my knowledge of the sizes of familiar objects or places to assist me when making an estimate of measure.

For more information about our workshops contact: c.ronan@rcsed.ac.uk or call 0131 527 1650.