

### Health and Wellbeing

This includes:

- **Physical Education (PE)** – each term we have key knowledge and skills that we teach in PE. Children have two PE lessons throughout the week focusing on individual/ team skills.
- **Our Mind and Body** – each term our health and wellbeing curriculum focuses on different aspects of the wellbeing indicators (also known as **SHANARRI**). We use the **Healthy Schools** and **RSHP.scot** resources to support our teaching.

### Numeracy and Mathematics

In the Numeracy and Mathematics area on the termly overview, it has information about our Cawdor Numeracy and Mathematics yearly overviews. These are on our school website and detail the range of concepts that we teach each term in Numeracy and Mathematics.

[CLICK HERE – Cawdor Numeracy and Mathematics Overview](#)

### Literacy and English

This includes:

- **Reading** – the key skills being taught throughout the term.
- **Writing** – the genre (types of writing) that children will be learning to write throughout the term.
- **Phonics and Spelling** – information will be shared on SeeSaw/ Google Classroom each week.

### Cawdor Quests

One of the contexts in the Scottish curriculum is **Interdisciplinary Learning**. This is where learning from more than one area of the curriculum is brought together into a theme to answer 'Big Questions'. Throughout the year each class will have six Cawdor Quests that they will explore.

### Expressive Arts

These are art, drama, dance and music. We will focus on teaching knowledge and skills in one of these each term.

### Religious and Morale Education

This details the religions which will be learned about.