

Your Body Matters (YBM)



Background

- Originally developed in 2008, last reviewed in 2014 and recently refreshed in 2023.
- NHS GGC working group led by Health Improvement was established to complete the review.
- Worked in partnership with education for the review and launch of new resource
- Your Body Matters is the only quality assured NHS resource for schools on the topics of nutrition and physical activity

Click [here](#) to play video via You Tube



What is YBM?

- Your Body Matters is a curriculum pack for primary schools developed by NHSGGC & Education
- Whole school approach to nutrition and physical activity
- Progressive curriculum from P1-P7 for health and wellbeing in line with the Curriculum for Excellence, E's & O's and benchmarks for assessment.

Topics

- Nutrition
- Physical activity – PEPASS
- Sustainability and food waste
- Body image, self-esteem and the media

Elements of YBM

- Teacher notes
- Lesson plans & activities
- Links to additional resources
- Parent hand-out templates

Your Body Matters

This page provides information about the primary curriculum pack Your Body Matters, which covers the topics of nutrition, physical activity, sustainability and food waste, and body image and self-esteem. If you have any questions about the resource or would like to hear more about it, please contact

What is Your Body Matters? ▾

Who can use Your Body Matters? ▾

Your Body Matters Curriculum Pack

Introduction, policy context and using the pack ▾

Teacher Notes ▾

Lesson Plans ▾

Additional resources and useful websites ▾

PEPASS ▾

Communications ▾

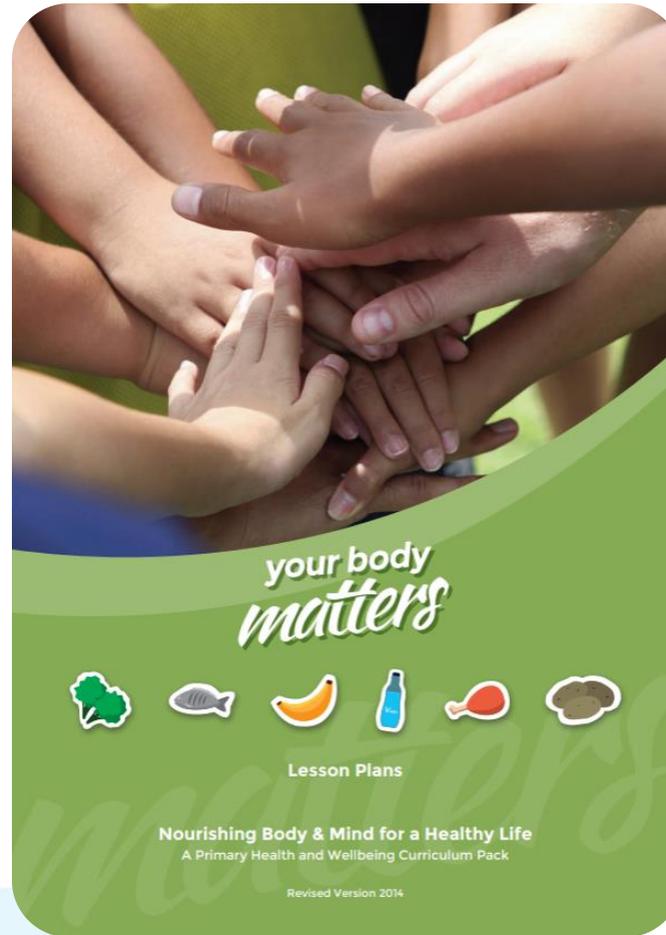
Accessing YBM

- Available via the NHS GGC Website.
<https://www.nhsggc.scot/your-health/public-health/health-improvement/your-body-matters/>
- Linked on GLOW (or equivalent) platforms and on the HWB Education App/Website (Glasgow City resource).
<https://rightdecisions.scot.nhs.uk/ggc-education-health-and-wellbeing/>

Evaluation

- Evaluation of resource being carried out by University of Glasgow this year
- Asking schools who plan to use the resource to take part
- Short survey – no longer than 10mins to complete
- 3 surveys over the school year – start, mid and end





For more information please contact:
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