



Life Education

Online module alignment to the Australian Curriculum

My Body Matters

Early Stage 1

This module focuses on things children can do to keep themselves healthy including:

- ▶ the importance of personal hygiene
- ▶ choosing foods for a healthy balanced diet
- ▶ benefits of physical activity and sleep
- ▶ ways to keep safe at home, school and in the community



FOUNDATION

Personal, Social and Community Health

Being healthy, safe and active

- Identifying personal strengths [ACPPS001]
- Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy [ACPPS003]

Communicating and Interacting for Health and Wellbeing

- Practice personal skills to interact with positively with others [ACPPS004]

Contributing to healthy and active communities

- Identify actions that promote health, safety and wellbeing [ACPPS006]

Movement and Physical Activity

Moving our body

- Practise fundamental movement skills and movement sequences using different body parts [ACPMP008]
- Participate in games with and without equipment [ACPMP009]
- Practise fundamental movement skills and movement sequences using different body parts [ACPMP008]

Movement and Physical Activity Understanding Movement

- Explore how regular physical activity keeps individuals healthy and well [ACPMP010]

YEARS 1 AND 2

Personal, Social and Community Health

Being healthy, safe and active

- Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities [ACPPS015]
- Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these [ACPPS016]
- Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation [ACPPS017]

Communicating and Interacting for Health and Wellbeing

- Explore actions that help make the classroom a healthy, safe and active place [ACPPS022]

Understanding movement

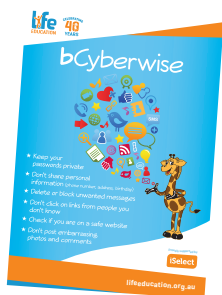
- Discuss the body's reactions to participating in physical activities [ACPMP028]

bCyberwise

Stage 2

Explore a range of issues such as password security, risks of sharing personal information, how to communicate respectfully both online and offline, and strategies to handle bullying including cyberbullying.

- ▶ responsible and respectful behaviour when using communication technology
- ▶ skills for building positive relationships with friends
- ▶ keeping personal information safe online
- ▶ strategies to deal with bullying and cyberbullying
- ▶ exploring the role of bystanders



OUTCOMES Year 2 Personal social and community health

Being healthy, safe and active

- Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation [ACPPS017]

Communicating and interacting for health and wellbeing

- Describe ways to include others to make them feel they belong [ACPPS019]

OUTCOMES Years 3 AND 4 Personal social and community health

Being healthy, safe and active

- Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe [ACPPS035]
- Identify and practise strategies to promote health, safety and wellbeing [ACPPS036]

Communicating and interacting for health and wellbeing

- Describe how respect, empathy and valuing difference can positively influence relationships [ACPPS037]

Decisions

Stage 3

Students explore the decision making process and improve decision making skills by looking at choices, consequences, responsibility, facts, and influences.

- ▶ what is a drug and how drugs are classified
- ▶ effects of drugs on the body
- ▶ analysing health messages about drugs in the media
- ▶ messages around non-use – normative data – dispelling
- ▶ influences on decision making – family, peers, media, culture, financial, legal
- ▶ strategies and skills to be safe



POST VISIT ACTIVITY	LIFE EDUCATION CONTENT DESCRIPTIONS	AUSTRALIAN CURRICULUM Learning Area: Health and Physical Education	LINKS TO OTHER LEARNING AREAS	GENERAL CAPABILITIES
Decisions in the Balance	Identifies and demonstrates strategies to deal with unsafe situations and social dilemmas	YEAR 5&6 Personal, social and community health <i>Being healthy, safe and active ACPPS054</i> YEAR 7 Personal, social and community health <i>Being healthy, safe and active ACPPS073, ACPPS072</i>	English-Literacy ACELY1796 ACELY1709 ACELY1804	Personal and Social Capability Critical and Creative Thinking
Seeking Advice	Identifies factors that influence their health and behaviour e.g. media, advertising, family, friends, laws Identifies services or support networks where people/young people can seek help	YEAR 5&6 Personal, social and community health <i>Being healthy, safe and active ACPPS053</i> YEAR 7 Personal, social and community health <i>Communicating and interacting for health and wellbeing ACPPS076</i>	English-Literacy ACELY1796 ACELY1709 ACELY1804	Personal and Social Capability Critical and Creative Thinking Ethical Understanding
What's the Effect?	Identify the physical, social, financial and legal consequences of legal/illegal drug use Identifies government and community strategies that advise, educate and inform people about how to maintain healthy and safe lifestyles e.g. campaigns, product labelling	YEAR 5&6 Personal, social and community health <i>Contributing to healthy and active communities ACPPS058</i> YEAR 7 Personal, social and community health <i>Communicating and interacting for health and wellbeing ACPPS076</i>	English-Literacy ACELY1796 ACELY1709 ACELY1804	Personal and Social Capability Critical and Creative Thinking
Believe It or Not	Identifies factors that influence their health and behaviour e.g. media, advertising, family, friends, laws	YEAR 5&6 Personal, social and community health <i>Communicating and interacting for health and wellbeing ACPPS057</i> YEAR 7 Personal, social and community health <i>Communicating and interacting for health and wellbeing ACPPS074</i>	English-Literacy ACELY1796 ACELY1709 ACELY1804	Personal and Social Capability Critical and Creative Thinking Ethical Understanding

Relate Respect Connect

Stage 2

Explores building positive, safe and respectful relationships.

- ▶ understanding how to respect ourselves and others
- ▶ identifying characteristics of positive relationships
- ▶ strategies to help maintain positive online and offline relationships
- ▶ strategies to respond to unsafe or disrespectful situations online and offline
- ▶ the importance of relationships to our own and others wellbeing



LIFE EDUCATION CONTENT DESCRIPTORS	LINKS TO THE AUSTRALIAN CURRICULUM HEALTH AND PHYSICAL EDUCATION	CONNECTIONS TO LESSON PLAN
Identifies strategies to respond to unsafe or disrespectful situations online/offline	<p>Personal, Social and Community Health Being healthy, safe and active Plan and practise strategies to promote health, safety and wellbeing [ACPPS054]</p> <p>YEAR 7 Personal, Social and Community Health Communicating and interacting for health and wellbeing Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing [ACPPS074]</p>	Using the concept Relate Respect Connect the class organises a year level or school wide competition where students represent positive relationships. It may be through short film, poetry, short story or artwork. The entries are judged and the finalists displayed throughout the school to promote these values. [Relate, Respect, Connect: A school wide competition] Students develop strategies by changing the responses and reactions people have in different scenarios [Frozen Picture Tableau]
Practice strategies to help maintain positive online/offline relationships	<p>Personal, Social and Community Health Communicating and interacting for health and wellbeing Practise skills to establish and manage relationships [ACPPS055]</p> <p>YEAR 7 Personal, Social and Community Health Being healthy, safe and active Practise and apply strategies to seek help for themselves or others [ACPPS072]</p>	Students design an app that provides strategies to deal with difficult moments in relationships. [Getting Appy Happy] Create a collage that includes images of what makes them happy. [The Happiness Collage] Using the concept Relate Respect Connect the class organises a year level or school wide competition where students represent positive relationships. It may be through short film, poetry, short story or artwork. The entries are judged and the finalists displayed throughout the school to promote these values. [Relate Respect Connect: A school wide competition]
Identifies strategies to respond to unsafe or disrespectful situations online/offline	<p>Personal, Social and Community Health Being healthy, safe and active Plan and practise strategies to promote health, safety and wellbeing [ACPPS054]</p> <p>YEAR 7 Personal, Social and Community Health Being healthy, safe and active Practise and apply strategies to seek help for themselves or others [ACPPS072]</p>	Students survey the student body to assess the main concern around maintaining positive relationships in the school. The class chooses one and creates this for the students to use to improve relationships in the school. [Friend Zone] Using the concept Relate Respect Connect the class organises a year level or school wide competition where students represent positive relationships. It may be through short film, poetry, short story or artwork. The entries are judged and the finalists displayed throughout the school to promote these values. [Relate, Respect, Connect: A school wide competition]



1300 HAROLD
lifeeducation.org.au