



Life Education VIC

Online module alignment to the Victorian Curriculum

My Body Matters

Foundation - Year 2

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



Skills

- ▶ Interpersonal skills
- ▶ Self-management skills
- ▶ Movement skills

Contexts for learning

- ▶ Personal identity
- ▶ Relationships
- ▶ Mental health and wellbeing
- ▶ Food and nutrition
- ▶ Safety

Content strands

- ▶ Health, wellbeing and relationships
- ▶ Movement skill and performance
- ▶ Healthy, safe and active lifestyles

Key inquiry questions

- ▶ What helps us to stay healthy and safe?
- ▶ How do we move our bodies?
- ▶ How can we care for each other?
- ▶ How do we make healthy and safe choices in different situation?

LEVEL **CURRICULUM AREA** **STRANDS** **SUB-STRANDS** **CONTENT DESCRIPTIONS**

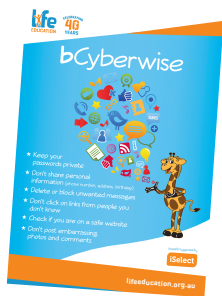
LEVEL	CURRICULUM AREA	STRANDS	SUB-STRANDS	CONTENT DESCRIPTIONS
Foundation	Health and Physical Education	Personal Social and Community Health	Being Healthy, Safe and Active	Name parts of the body and describe how their body is growing and changing [VCHPEP058] Identify people and actions that help keep themselves safe and healthy [VCHPEP059]
			Communicating and Interacting for Health and Wellbeing	Practise personal and social skills to interact with others [VCHPEP060] Identify and describe emotional responses people may experience in different situations [VCHPEP061]
		Movement and Physical Activity	Understanding Movement	Explore how regular physical activity keeps individuals healthy and well [VCHPEM066]
Levels 1 and 2		Personal Social and Community Health	Being Healthy, Safe and Active	Recognise situations and opportunities to promote their own health, safety and wellbeing [VCHPEP074]
			Contributing to healthy and active communities	Explore actions that help make the classroom a healthy, safe and active place [VCHPEP078]

bCyberwise

Levels 3 and 4

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



Skills

- ▶ Interpersonal skills
- ▶ Self-management skills

Content strands

- ▶ Health, wellbeing and relationships
- ▶ Healthy, safe and active lifestyles

Key inquiry questions

- ▶ How does who I am influence others?
- ▶ Why are empathy, inclusion and respect important in our relationships?
- ▶ How can I contribute to promote healthy, safe and active communities?
- ▶ How can I take action to enhance my own and others' health, safety, wellbeing and participation in physical activity?
- ▶ What skills and strategies do we need to be healthy, safe and empowered?

Contexts for learning

- ▶ Personal identity
- ▶ Mental health and wellbeing
- ▶ Relationships
- ▶ Safety

LEVEL CURRICULUM AREA STRANDS SUB-STRANDS CONTENT DESCRIPTIONS

LEVEL	CURRICULUM AREA	STRANDS	SUB-STRANDS	CONTENT DESCRIPTIONS
Levels 3 and 4	Health and Physical Education	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 [VCHPEP090] Identify and practise strategies to promote health, safety and wellbeing [VCHPEP091]
			Communicating and Interacting for Health and Wellbeing	Describe factors that can positively influence relationships and personal wellbeing [VCHPEP092] Investigate how emotional responses vary in family situations and in friendship groups [VCHPEP093]
			Contributing to Healthy and Active Communities	Describe strategies to make the classroom and playground healthy, safe and active spaces [VCHPEP095]

Decisions

Levels 5 and 6

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 myths
- ▶ influences on decision making – family, peers, media, culture, financial, legal
- ▶ strategies and skills to be safe



Skills

- ▶ Interpersonal skills
- ▶ Self-management skills

Content strands

- ▶ Health, wellbeing and relationships
- ▶ Healthy, safe and active lifestyles

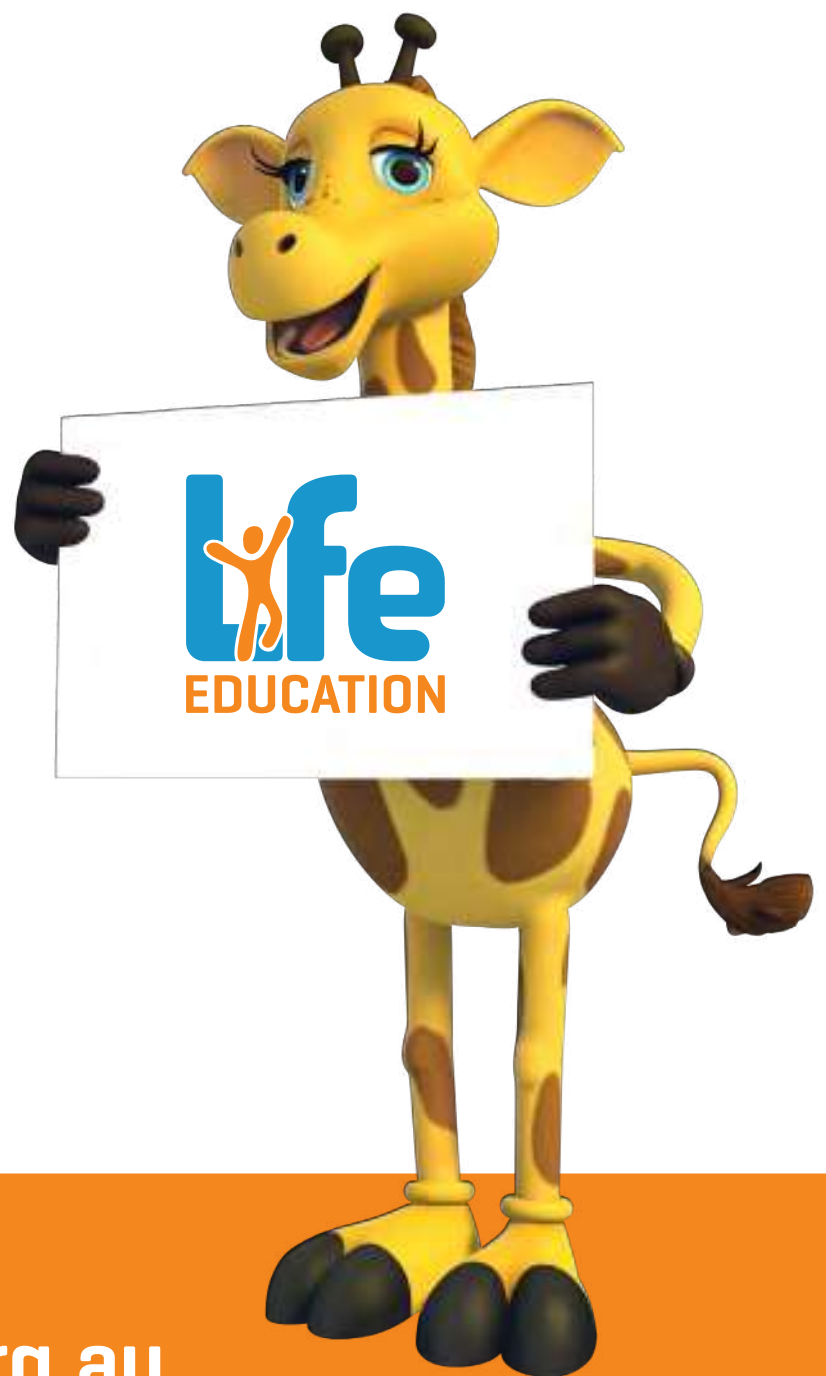
Key inquiry questions

- ▶ How can I manage transitions and challenges?
- ▶ How responsible am I for my own and others' health, safety and wellbeing?
- ▶ How does a healthy, safe and active lifestyle enhance connection with others?
- ▶ How can I manage transitions and challenges?
- ▶ What actions positively influence health, safety and wellbeing of my community?

Contexts for learning

- ▶ Alcohol and other drugs
- ▶ Personal identity
- ▶ Safety

LEVEL	CURRICULUM AREA	STRANDS	SUB-STRANDS	CONTENT DESCRIPTIONS
Levels 5 and 6	Health and Physical Education	Personal Social and Community Health	Being healthy, safe and active	Plan and practise strategies to promote health, safety and wellbeing [VCHPEP108] Investigate community resources and strategies to seek help about health, safety and wellbeing [VCHPEP107]
			Communicating and interacting for health and wellbeing	Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours [VCHPEP111]
			Contributing to healthy and active communities	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities [VCHPEP112]
	Personal and Social Capability	Self-Awareness and Management	Development of Resilience	Reflect on how personal strengths have assisted in achieving success at home, at school or in the community [VCPSCSE026]
Critical and Creative Thinking Capability	Questions and Possibilities	Questions and Possibilities	Experiment with alternative ideas and actions by setting preconceptions to one side [VCCCTQ022]	



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