

Life Education and the Australian Curriculum – Health and Physical Education

Life Education’s health and drug education program is designed to be integrated into the primary F -6/7 curriculum taught in Australian schools. To help you plan and achieve the goals of your health and wellbeing curriculum we have linked our 12 modules to the Australian Curriculum - Health and Physical Education. The table below highlights the specific content descriptions, within the Strands for Health and PE, which are addressed in each of the Life Education Modules.*

For more detail about the links between the Australian Curriculum – Health and Physical Education and the content of each Life Education module please visit the ‘Resources’ – For Teachers section on our website: www.lifeeducation.org.au

KEY:

Life Education Module	Abbreviation	Year Level
My Body Matters	MBM	Foundation
Harold’s Friend Ship	HFS	F/Year 1
Ready, Steady, Go	RSG	Year 1
Safety Rules!	SR	Year 1/2
Growing Good Friends	GGF	Year 2
All Systems Go	ASG	Years 2-4
bCyberwise	BC	Years 3-5
Mind Your Medicine	MYM	Years 3-6
On the Case	OTC	Years 5-6
Think Twice	TT	Years 5/6/7
Decisions	DEC	Years 5/6/7
Relate Respect Connect	RRC	Years 5/6/7



AUSTRALIAN CURRICULUM – HEALTH & PHYSICAL EDUCATION	LIFE EDUCATION MODULES											
	MBM	HFS	RSG	SR	GGF	ASG	BC	MYM	OTC	TT	DEC	RRC
FOUNDATION												
Strand: Personal social and community health												
Sub strand: Being healthy, safe and active												
· Identify personal strengths [ACPPS001]	•											
· Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy [ACPPS003]	•	•										
Sub strand: Communicating and interacting for health and wellbeing												
· Practise personal and social skills to interact positively with others [ACPPS004]		•										
· Identify and describe emotional responses people may experience in different situations [ACPPS005]		•										
Sub strand: Contributing to healthy and active communities												
· Identify actions that promote health, safety and wellbeing [ACPPS006]	•	•										
Strand: Movement and Physical activity												
Sub strand: Understanding movement												
· Explore how regular physical activity keeps individuals healthy and well [ACPPS010]	•	•										
BAND: YEAR 1 & 2												
Strand: Personal social and community health												
Sub strand: 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]		•	•	•	•	•						
· Recognise situations and opportunities to promote health, safety and wellbeing [ACPPS018]		•	•	•	•	•						
Sub strand: Communicating and interacting for health and wellbeing												
· Describe ways to include others to make them feel they belong [ACPPS019]		•		•	•							
· Identify and practise emotional responses that account for own and others' feelings [ACPPS020]		•	•	•								
· Examine health messages and how they relate to health decisions and behaviours [ACPPS021]					•							
Sub strand: Contributing to healthy and active communities												
· Recognises similarities and differences in individuals and groups and explore how these are celebrated and respected [ACPPS024]												

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	MBM	HFS	RSG	SR	GGF	ASG	BC	MYM	OTC	TT	DEC	RRC
· Explore actions that help make the classroom a healthy, safe and active place [ACPPS022]			•		•							
Strand: Movement and Physical activity												
Sub strand: Understanding movement		•	•									
· Discuss the body's reactions to participating in physical activities [ACPMP028]												
BAND: YEAR 3 & 4												
Strand: Personal social and community health												
Sub strand: Being healthy, safe and active								•				
· Explore how success, challenge and failure strengthen identities [ACPPS033]												
· Explore strategies to manage physical, social and emotional change [ACPPS034]												
· 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]						•	•	•				
Sub strand: Communicating and interacting for health and wellbeing							•	•				
· Describe how respect, empathy and valuing difference can positively influence relationships [ACPPS037]												
· Investigate how emotional responses vary in depth and strength [ACPPS038]								•				
Strand: Movement and Physical activity												
Sub strand: Understanding movement												
· Examine the benefits of physical activity to health and wellbeing [ACPPS046]												
BAND: YEAR 5 & 6												
Strand: Personal social and community health												
Sub strand: Being healthy, safe and active												•
· Examine how identities are influenced by people and places [ACPPS051]												
· Investigate community resources and strategies to seek help about health, safety and wellbeing [ACPPS053]									•	•	•	
· Plan and practise strategies to promote health, safety and wellbeing [ACPPS054]							•		•	•	•	•
Sub strand: Communicating and interacting for health and wellbeing							•					
· Practise skills to establish and manage relationships [ACPPS055]												
· Examine the influence of emotional responses on behaviour and relationships [ACPPS056]												
· Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours [ACPPS057]									•		•	•

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Sub strand: Contributing to healthy and active communities												
· Investigate the role of preventative health in promoting and maintaining health, safety and wellbeing for individuals and their communities [ACPPS058]									•	•	•	
· Identify how valuing diversity positively influences the wellbeing of the community [ACPPS060]												•
BAND: YEAR 7 & 8												
Strand: Personal social and community health												
Sub strand: Being healthy, safe and active												•
· Investigate the impact of transition and change on identities [ACPPS070]												•
· Evaluate strategies to manage personal, physical and social changes that occur as they grow older [ACPPS071]												•
· Practise and apply strategies to seek help for themselves or others [ACPPS072]										•	•	•
· Investigate and select strategies to promote health, safety and wellbeing [ACPPS073]										•	•	
Sub strand: 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]											•	•
· Evaluate health information and communicate their own and other's health concerns [ACPPS076]											•	

Source: ACARA Australian Curriculum Health and Physical Education <https://www.australiancurriculum.edu.au/f-10-curriculum/health-and-physical-education>