

Life Education Preschool Program

Links to the Early Years Learning Framework (EYLF)

MODULE 2: Becoming Healthy – Harold’s Healthy Play Day

Life Education Aims and Objectives

- Foster children’s knowledge and problem solving skills in relation to issues of health in their everyday lives.
- Promote higher order thinking through engaging experiences and discussions around the topic of healthy living. (Gardner).

ELYF Outcomes	EYLF CODES	Evident when children:	Evident when educators:
<p>Outcome 3 Children have a strong sense of wellbeing</p>	3.2 - Children take increasing responsibility for their own health and physical wellbeing	<ul style="list-style-type: none"> ▪ recognise & communicates their body needs (e.g. thirst, hunger) ▪ show an increasing awareness of healthy lifestyles and good nutrition ▪ show an increasing independence & competence in personal hygiene, care and safety for themselves and others ▪ show enthusiasm for participating in physical play and negotiate play spaces to ensure the safety and wellbeing of themselves and others 	<ul style="list-style-type: none"> ▪ plan for and participate in energetic physical activity with children, including dance, drama, movement and games ▪ actively support children to learn hygiene practices ▪ promote continuity of children’s personal health and hygiene by sharing ownership of routines and schedules with children, families and the community ▪ discuss health and safety issues with children and involve them in developing guidelines to keep the environment safe for all ▪ engage children in experiences, conversations, and routines that promote healthy lifestyles and good nutrition ▪ model and reinforce health, nutrition and personal hygiene practices with children
<p>Outcome 4 Children are confident and involved learners</p>	<p>4.3 – Children transfer and adapt what they have learned from one context to another</p> <p>4.4 - Children resource their own learning through connecting with people, place, technologies and natural and processed material</p>	<ul style="list-style-type: none"> ▪ engage with and co-construct learning (Vygotsky) ▪ use processes of play, reflection and investigation to solve problems ▪ engage in learning relationships 	<ul style="list-style-type: none"> ▪ support children to construct multiple solutions to problems and use different ways of thinking ▪ provide opportunities and support for children to engage in meaningful learning relationships • provide resources that encourage children to represent their thinking



