

HAROLD'S DIARY:

Links to the Australian Curriculum

Life Education Content Descriptions	Post Visit Lessons	Australian Curriculum Learning Area: Health and Physical Education	Links to other Learning Areas	General Capabilities
Describes how friendships and support networks enhance wellbeing	Friends and others	YEAR 3&4 Personal, social and community health <i>Being healthy, safe and active ACPPS036</i>	English – Literacy ACELY1682 ACELY1694	PSC Self awareness
Identifies feelings associated with changes and transitions in life	People changing	YEAR 3&4 Personal, social and community health <i>Being healthy, safe and active ACPPS034</i>	English – Literacy ACELY1792 ACELY1688	LIT Composing texts through speaking, writing and creating PSC Self management Self awareness
Identifies the influences on peoples food choices and how these choices affect health and wellbeing	Food we choose	YEAR 3&4 Personal, social and community health <i>Being healthy, safe and active ACPPS036</i>	Science – Science inquiry skills AC SIS057 AC SIS068 AC SIS215 AC SIS216 Mathematics – Statistics & probability AC MSP069 AC MSP096	NUM Interpreting statistical information ICT Creating with ICT CCT Inquiring – identifying, exploring & organising information and ideas
Recognises how physical activity enhances a healthy lifestyle	Keep on moving	YEAR 3&4 Movement and physical activity <i>Understanding movement ACPPS046</i>	English – Literacy ACELY1682 ACELY1694	
Defines a drug and identifies reasons why people use drugs for medical and nonmedical purposes	What is a medicine?	YEAR 3&4 Personal, social and community health <i>Being healthy, safe and active ACPPS035, ACPPS036</i>		
	What people think	YEAR 3&4 Personal, social and community health <i>Being healthy, safe and active ACPPS036</i>	Science – Science inquiry skills AC SIS057 AC SIS068 AC SIS215 AC SIS216 Mathematics – Statistics & probability AC MSP069 AC MSP096	NUM Interpreting statistical information
Identifies difficult social situations and explores assertive techniques to manage them	Standing strong	YEAR 3&4 Personal, social and community health <i>Being healthy, safe and active ACPPS035</i>	English – Literacy ACELY1682 ACELY1694	LIT Composing texts through speaking, writing and creating PSC Social awareness

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Links to Complementary Resources

The following resources complement the Life Education post visit lessons. See the following page for details on how to access these resources.

Post Visit Lesson	External drug and health resource	
Friends and others	Indigenous Drug Education Support Materials Resilience Curriculum Unit: Middle Primary Lesson Plan: page 252	Drug Education Teacher Support Package Students with disabilities and learning difficulties, R - 12 Topic: Medicines - Activity 8
People changing	Challenges and Choices: resilience, drug and road safety education Focus Area 1: Resilience and wellbeing Year 3: Activity 4	
Keep on moving	Indigenous Drug Education Support Materials Physical Activity Curriculum Unit All Years Lesson Plan: page 214	
What is a medicine?	Drug Education R - 12 Teacher Support Package Students with disabilities and learning difficulties Topic: Medicines - Activity 4, 5, 11, 12 & 13 Challenges and Choices: resilience, drug and road safety education Focus Area 2: Drug Education Year 3: Activity 1, 2 & 4 Year 4: Activity 1 & 3	Drug Education R - 12 Teacher Support Package Primary Years - Activity 2, 5, 6, 8 Get Real , Lesson Materials for Primary Schools: Activities 1.1, 1.2, 1.3, 1.4, 1.5, 2.1, 2.2, pages 20-22 Asthma Can't Stop Me Learning Activity 6, page 36
What people think	Drug Education R - 12 Teacher Support Package Primary Years - Activity 3, 5, & 11 Drug Education Teacher Support Package Students with disabilities and learning difficulties, R - 12 Topic: Medicines - Activity 1, 7, 10 & 11	Get Real , Lesson Materials for Primary Schools: Activities 4.2,4.3, 5.1, 5.3, pages 24-26
Standing strong	Challenges and Choices: resilience, drug and road safety education Focus Area 1: Resilience and wellbeing Year 3: Activity 5 Year 4: Activity 6	

STATE RESOURCES

Indigenous Drug Education Support Materials

This resource is available from: <http://www.education.nt.gov.au/teachers-educators>

Drug Education R - 12 Teacher Support Package

This resource includes a range of drug education activities for each year level as well as comprehensive information about most commonly used drugs, teaching strategies and home activities. The resources is available to South Australian teachers through the DECD Intranet: www.decd.sa.gov.au

Drug Education Teacher Support Package: Students with disabilities and learning difficulties, R – 12

The resource has a range of drug education activities to meet the needs and capabilities of different students from special schools, special units and mainstream classes. The resources is available to South Australian teachers through the DECD Intranet: www.decd.sa.gov.au

Challenges and Choices: Resource for resilience, drug and road safety education

The resource is available from the School Drug Education and Road Aware website: www.sdera.org.au/index.php/resources/drug-and-alcohol-resources

Get Real

This resource is available to download from: www.education.vic.gov.au

Asthma Can't Stop Me – Asthma Friendly Schools

Download from the For Schools section <http://asthmafriendlyschools.org.au>

NATIONAL RESOURCES

Discover Dairy

Developed by Dairy Australia, 2010.

This website offers a range of free curriculum linked resources, information and classroom activities to assist teachers in delivering messages about the health and nutrition benefits of dairy foods and the value of the Australian dairy industry.

The **Fuel for Life** module specifically explores the importance of children consuming a balanced diet to ensure they have an adequate intake of essential nutrients for a healthy lifestyle.

Visit: www.dairy.edu.au/discover-dairy/modules/fuel-for-life

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