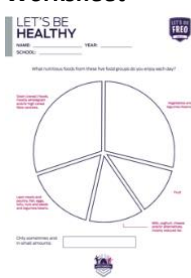
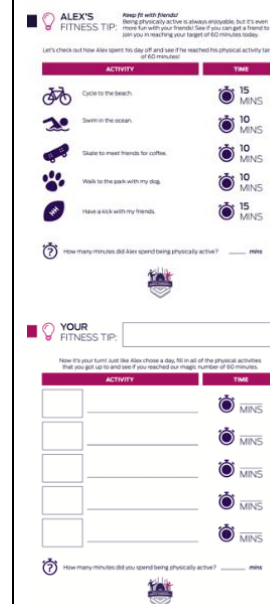


Let's Be Healthy

Learning Intentions	Brainstorm	Mini Lesson	Activities	Reflection	Bonus Activities
5 minutes	10 minutes	15 minutes	25 minutes	5 minutes	N/A
Future Freo Dockers will understand how healthy foods can influence and improve their health and well-being! Success Criteria - I can explore ways to improve my health - I can identify and explain how food and water can improve my health - I can identify why healthy eating will help me grow strong and healthy	Let's Be Healthy Brainstorm Questions - What is being healthy all about? - Why is it so important for us to be healthy? Students brainstorm what they already know about being healthy and refer to the Let's Be Healthy prompting questions in the Prezi.	Five Food Groups Students explore the five food groups and the role they play in keeping our bodies healthy and well. Hydration and Sometimes Food Students will also learn about the importance of hydration and what we mean by sometimes foods. Students will fill-out their worksheet by writing or drawing their favourite food in each food group as the mini-lesson progresses. Bower's Five Food Groups Worksheet  Prompts within the Prezi to complete the worksheet.	Modelled Nat Fyfe's Food Journal Students explore <i>Fyfe's Food Journal</i> to see how he fuel's his body and what he eats in a day. Students will have the opportunity to fill out their own food journal to see how they can be healthy and fuel their bodies. 	Reflection <i>What have you learnt about today?</i> Students complete a recap with their teacher as prompted in the Prezi. Refer to brainstorm questions. - What is being healthy all about? - Why is it so important for us to be healthy? A reflection poster is provided within the Prezi to prompt discussion.	These activities are for you to complete at your leisure if you wish. - All about Roxy Roux - Create a Menu - Game: Quick Hands

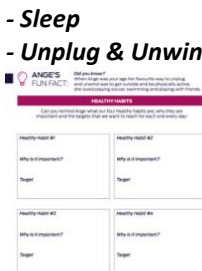


Let's Be Active

Learning Intentions	Brainstorm	Mini Lesson	Activities	Reflection	Bonus Activities
5 minutes	10 minutes	15 minutes	25 minutes	5 minutes	N/A
Future Freo Dockers will understand how physical activity can influence and improve their health and well-being! Success Criteria - I can explore ways to be physically active to improve my health - I can identify and explain how physical activity can improve my health - I can identify the minimum recommended amount of physical activity daily to help me grow strong and healthy	Let's Be Active Brainstorm Questions - Why do you think physical activity is important? - How can you be physically active during the day? Students brainstorm what they already know about being active and refer to the Let's Be Active prompting questions in the Prezi.	Students will have an opportunity to explore each of these areas as the mini-lesson progresses. - How to Stay Physically Active - Benefits of Physical Activity - Recommended amount of Physical Activity  -Effects of Physical Activity  Students explore how physical activity affects their heart, breathing and mindset. Prompts within the Prezi to complete the worksheets.	Modelled Alex's Physical Activity Journal Students explore Alex's Physical Activity Journal to see how he keeps fit for 60 minutes per-day. Students fill out their physical activity journal to see how they can be active and look after their bodies. 	Reflection <i>What have you learnt about today?</i> Students complete a recap with their teacher as prompted in the Prezi. Refer to brainstorm questions. - Why do you think physical activity is important? - How can you be physically active during the day? A reflection poster is provided within the Prezi to prompt discussion.	These activities are for you to complete at your leisure if you wish. - All about Aine Tighe - Game: Heads Up Charades Class Challenges - 60-minute Target - Footy Challenges - Alpha Fit

Prezi Link

<https://prezi.com/view/xgfFxoZDLj6BnXUtmJq/>

Learning Intentions	Brainstorm	Mini Lesson	Activities	Reflection	Bonus Activities
5 minutes	10 minutes	15 minutes	25 minutes	5 minutes	N/A
Future Freo Dockers will explore different practices that they can try to positively impact their health and wellbeing! Success Criteria - I can describe things that positively and negatively affect my health and wellbeing - I can recognise and describe how healthy habits can positively impact my wellbeing - I can identify ways to be mindful to help look after my wellbeing	Let's Be Well Brainstorm Questions - Describe something that has a positive impact on your wellbeing? - What do you like to do, to look after your wellbeing each day? Students brainstorm what they already know about being well and refer to the Let's Be Well prompting questions in the Prezi.	Students will recap on these areas briefly and how they help them be well. - Physical Activity - Healthy Eating Students will have an opportunity to explore each of these areas as the mini-lesson progresses. - Sleep - Unplug & Unwind  Be Mindful  Prompts within the Prezi to complete the worksheets.	Modelled Walters' Wellbeing Journal Students explore Walters' Wellbeing Journal to see how he looks after his wellbeing. Students will fill out their wellbeing journal to see how they can be well and look after their bodies.  	Reflection <i>What have you learnt about today?</i> Students complete a recap with their teacher as prompted in the Prezi. Refer to brainstorm questions. - Describe something that has a positive impact on your wellbeing? - What do you like to do, to look after your wellbeing each day? A reflection poster is provided within the Prezi to prompt discussion.	These activities are for you to complete at your leisure if you wish. - All about Mim Strom Class Challenges - My Gallery of Gratitude - Mindful Colouring - Freo's Mindful Matrix



AUSTRALIAN CURRICULUM LINKS

Years 1 & 2

Personal, Social and Community Health

Being Healthy Safe and Active	Content Descriptor	Elaborations	Lesson Links
	Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)	- Exploring how eating healthy foods can influence health and wellbeing - Exploring the benefits of regular physical activity and identifying opportunities when they can be active at school, home and within the community	Lesson 1, 2, 3 <i>Healthy Active Well</i>
Communicating and Interacting for Health and Wellbeing	Content Descriptor	Elaborations	Lesson Links
	Examine health messages and how they relate to health decisions and behaviours (ACPPS021)	- Identify advertisements that they have encountered containing health messages. - Creating their own positive health message and sharing it with the class	Lesson 1 <i>Healthy</i> Lesson 2 <i>Active</i>
Contributing to Healthy and Active Communities	Content Descriptor	Elaborations	Lesson Links
	Explore actions that help make the classroom a healthy, safe and active place (ACPPS022)	- Resources of movement and games, physical activities students can select from and play during lesson breaks - Exploring sustainable practices that students can implement in the classroom to improve health and wellbeing. - Explain how fruit and water breaks helps support class health and wellbeing	Lesson 1, 2, 3 <i>Healthy Active Well</i>
	Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)	- Recognising physical activities take place in a range of environments – natural and built settings. - Participating in physical activities within the built structures in the school and local community.	Lesson 2 <i>Active</i> Lesson 4 <i>Player Visit</i>

Movement and Physical Activity

Moving our Body	Content Descriptor	Elaborations	Lesson Links
	Perform fundamental movement skills in a variety of movement sequences and situations (ACPMPO25)	- Performing locomotor movements using different body parts to travel in different directions. - Performing fundamental movement skills involving controlling objects with equipment and different parts of the body - Demonstrating changes in speed, direction and level of movement - Selecting and implementing different movement skills to be successful in a game	Lesson 2 <i>Active</i> Lesson 4 <i>Player Visit</i>

Understanding Movement	Content Descriptor	Elaborations	Lesson Links
	Discuss the body's reactions to participating in physical activities (ACPMPO28)	- Participating in activities of different intensity and comparing the body's reactions - Identifying positive feelings they experience when participating in physical activities - Participating in new and unfamiliar activities and describing how they felt about the experience.	Lesson 2, 3 & 4 <i>Active Well Player Visit</i>
	Incorporate elements of effort, space, time, objects and people in performing simple movement sequences (ACPMPO29)	- Performing movements under, over, through and between objects, people, equipment - Demonstrating how they can balance on different parts of the body	Lesson 2 <i>Active</i> Lesson 4 <i>Player Visit</i>



AUSTRALIAN CURRICULUM LINKS

Years 3 & 4

Personal, Social and Community Health

Being Healthy Safe and Active	Content Descriptor	Elaborations	Lesson Links
	Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)	- Examining their own eating patterns by researching The Australian Guide to Healthy Eating and identifying healthier food choices - Proposing changes they can make to their daily routines to increase physical activity levels	Lesson 1 & 2 <i>Healthy Active</i>

Contributing to Healthy and Active Communities	Content Descriptor	Elaborations	Lesson Links
	Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040)	- Identifying how regular physical activity promotes health and recognising/ accessing opportunities to be active - Developing positive messages and resources to promote health and physical activity	Lesson 1 & 2 <i>Healthy Active</i>
	Participate in outdoor games and activities to examine how participation promotes a connection between the community, natural and built environments, and health and wellbeing (ACPPS041)	- Participate in physical activities in natural environments in the local area and reflecting on the enjoyable components of participation - Comparing the characteristics and benefits of physical activities that can take place in a natural environment and those that take place in a built environment	Lesson 2 <i>Active</i> Lesson 4 <i>Player Visit</i>

Movement and Physical Activity

Moving our Body	Content Descriptor	Elaborations	Lesson Links
	Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)	- Performing activities where locomotor and object control skills are combined to complete a movement, task or challenge - Performing routines incorporating different jumping techniques and connecting movements	Lesson 2 <i>Active</i> Lesson 4 <i>Player Visit</i>
	Practise and apply movement concepts and strategies with and without equipment (ACPMP045)	- Planning and performing strategies to be successful in tag and dodge games - Exploring centre of gravity and stability as they perform balance activities - Participate in physical activities which require problem solving to achieve a goal	Lesson 2 <i>Active</i> Lesson 4 <i>Player Visit</i>

Understanding Movement	Content Descriptor	Elaborations	Lesson Links
	Examine the benefits of physical activity to health and wellbeing (ACPMP046)	- Examine the benefits of regular physical activity, including the influence on sleep, concentration and fitness - Collecting, recording and organising information to investigate which physical activities people engage in to maintain health, wellbeing and fitness	Lesson 2 <i>Active</i> Lesson 3 <i>Well</i>