

Primary Program



Physical Health



Social & Emotional Wellbeing



Safety

Life Ed offers a range of age-appropriate primary school modules aligned to the Australian and state-based Curriculum across the Health and Physical Education Learning Area and General Capabilities. Each module is designed to inspire and empower students, providing knowledge, skills and strategies around topics of physical health, safety and social and emotional wellbeing, all through interactive learning experiences. The modules include pre and post visit lessons to deepen classroom learning and support students to thrive.

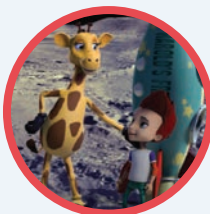


My Body Matters

Foundation / Kindergarten

In this module, students learn about choices and behaviours that promote health, safety and wellbeing as they are growing and changing. They explore personal hygiene, healthy food choices, the benefits of physical activity and sleep, and ways to keep safe at home, school and in the community. The key areas covered include:

- The importance of personal hygiene
- Benefits of physical activity and sleep
- Choosing nutritious foods for health and energy
- Ways to stay safe at home, school and in the community

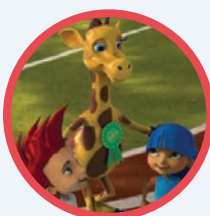


Harold's Friend Ship

Foundation / Kindergarten / Year 1

In this module, students learn to recognise the importance of relationships and gain skills to seek help in a variety of situations. They have opportunities to practice strategies to manage their feelings and emotions. The key areas covered include:

- How to build friendships and care for others
- Recognising body clues that let us know when we could be unsafe
- Identifying and managing feelings and emotions
- Safe people and places to seek help



Ready, Steady, Go!

Year 1

In this module, students learn to identify body clues and manage emotions that arise in new or challenging situations. They also investigate the importance of physical activity and health choices. The key areas covered include:

- Emotional literacy: identifying how the body reacts in new situations
- and calm down when worried or stressed
- Emotional regulation: how to manage emotions
- Benefits of physical activity
- Safety strategies in different environments



Safety Rules!

Years 1-2

In this module, students investigate how to protect themselves in unsafe environments and seek help. They also learn about the people and services that keep us safe and how to identify and respond in emergency situations. The key areas covered include:

- Recognising safe and unsafe situations
- Recognising and responding to emergency situations
- Places and people we can go to for help
- Behaviours that maintain friendships

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Growing Good Friends

Year 2

In this module, students investigate healthy lifestyle choices and factors that impact health and emotional wellbeing. This includes learning about healthy food choices and considering how media and advertising messages influence food choices. The key areas covered include:

- Recognising how nutrition contributes to health
- Exploring health messages and advertising influences
- Identifying qualities and attributes of good friends
- People in our network who can support and help us



All Systems Go

Years 3-4

In this module, students learn about the human body, the body systems and what is needed to stay healthy. Students investigate how health choices support their developing body and brain. They also explore how to resist pressure from others. The key areas covered include:

- The function of vital organs and body systems
- Recognising the importance of nutrition in maintaining health
- Recognising how food choices impact health and energy levels
- Exploring ways to manage peer pressure and influence



Mind Your Medicine

Years 3-4

In this module, students investigate medicines: how they work in the body, how to stay safe and who to go to for help and advice. Peer pressure and influences to make unsafe choices are also explored and assertive behaviour and communication skills are practiced. The key areas covered include:

- Identifying and classifying medical drugs (prescription/ non-prescription) and the different ways they enter the body
- Understanding how medical drugs work in the body
- Identifying how medical drugs can be used safely
- Techniques for effective and assertive communication



bCyberwise

Years 3-5

In this new and updated module, students investigate their use of tech and the positives and negatives of being online, including unwanted contact and unsafe situations. They learn the “Recognise, React, Report” strategy, which enables them to recognise the clues the body gives when they may be unsafe, react in appropriate ways and report and seek help. The key areas covered include:

- The benefits and risks of being online
- How to recognise, react and report unwanted contact and potential predatory behaviours
- Their rights and responsibilities in terms of respectful and safe behaviour online
- Emotional literacy and emotional regulation

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On The Case

Years 5-6

In this module, students investigate nicotine delivery products (cigarettes, e-cigarettes, smoking) and their health and social impacts. Through critically analysing the history and laws around tobacco and nicotine products, students understand that social norms change in line with health research. The key areas covered include:

- What's in cigarette smoke and the effects of these chemicals on the body
- History, laws, myths and facts
- Emerging research around e-cigarettes and denormalising their use
- Strategies to reduce harm



Think Twice

Years 5-6

In this module, students learn about alcohol in a balanced and age appropriate way. They investigate how alcohol enters the body and blood stream, how it changes the way the body and brain work, myths and facts about alcohol and laws around its sale and use and why some people choose not to consume alcohol. The key areas covered include:

- How the drug alcohol changes the way the body and brain work
- Myths and facts about alcohol laws and use
- Physical, social and legal consequences of alcohol use
- Strategies to minimise harmful effects of alcohol for the user and others



Decisions

Years 5-6

In this module, students investigate a range of drugs, the laws around these drugs and the different ways they impact the body and brain. Schools have the opportunity to choose if they want Life Ed to include illegal drugs in this lesson, to align with their program. Key areas covered include:

- Different categories of drugs and their effect on the brain and body
- Physical, social, financial and legal consequences of drug use
- Social influences and laws that impact health choices
- Strategies to deal with unsafe situations and social dilemmas



Relate Respect Connect

Years 5-6

In this updated module, students investigate the importance of respectful relationships for wellbeing, including face to face and online connections. Students explore how the physical and personal changes at this stage of life impact their behaviour, emotions and relationships. They also learn to recognise, react and report disrespectful, unsafe and potentially predatory behaviour online.

Key areas covered include:

- Concepts such as respect, empathy and consent
- Understanding the characteristics of, and importance of respectful relationships
- Recognising body clues
- Reacting to, and reporting (help seeking) unsafe online behaviour

