Life Ed and the Australian Curriculum

Health and Physical Education

Life Ed.
Every child deserves to thrive

Year Level	Life Ed Module Name	Abbreviation
Foundation	My Body Matters	MBM
Foundation and Year 1	Harold's Friend Ship	HFS
Year 1	Ready, Steady, Go!	RSG
Years 1 and 2	Safety Rules!	SR
Year 2	Growing Good Friends	GGF
Years 3 and 4	All Systems Go	ASG
Years 3 and 4	Mind Your Medicine	MYM
Years 3, 4 and 5	bCyberwise	BCW
Years 5 and 6	On The Case	OTC
Years 5 and 6	Think Twice	TT
Years 5 and 6	Decisions	DEC
Years 5 and 6	Relate Respect Connect	RRC

The Life Ed program is designed to be integrated into the primary F-6 curriculum taught in Australian schools. The core program consists of twelve modules focusing on the three interrelated focus areas of physical health, safety and social and emotional wellbeing.

To help you plan and achieve the goals of your health and wellbeing curriculum, we have linked our twelve modules to the Australian Curriculum – Health and Physical Education. The table below highlights the specific content descriptions, within the Strands for Health and Physical Education, which are addressed in each of the Life Ed Modules.

Each module includes an online pre-visit "tuning in" lesson, the Life Ed facilitated lesson, and two online post-visit "extending" lessons.

Australian Curriculum – Health & Physical Education	Life Ed Modules											
	MBM	HFS	RSG	SR	GGF	ASG	MYM	BCW	OTC	TT	DEC	RRC
Foundation												
Strand: Personal social and community health												
Sub strand: Being healthy, safe and active • Identify personal strengths (ACPPS001)												
• Name parts of the body and describe how their body is growing and changing (ACPPS002)												
• 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)												

Australian Curriculum – Health & Physical Education	Life Ed Modules											
	MBM	HFS	RSG	SR	GGF	ASG	MYM	BCW	OTC	TT	DEC	RRC
Band: Years 1 & 2												
Strand: Personal social and community health												
Sub strand: Being healthy, safe and active • 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 • Explore actions that help make the classroom a healthy, safe and active place (ACPPS022)												
• Recognise similarities and differences in individuals and groups and explore how these are celebrated and respected (ACPPS024)												
Strand: Movement and Physical activity												
Sub strand: Understanding movement • Discuss the body's reactions to participating in physical activities (ACPMP028)												

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	MBM	HFS	RSG	SR	GGF	ASG	MYM	BCW	OTC	TT	DEC	RRC
Band: Years 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 diversity 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)												

Australian Curriculum – Health & Physical Education	Life Ed Modules											
	MBM	HFS	RSG	SR	GGF	ASG	MYM	BCW	OTC	TT	DEC	RRC
Band: Years 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 ways 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)												
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)												