

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.

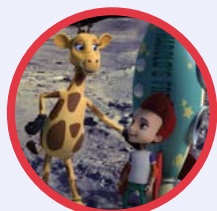


My Body Matters

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, as well as ways to keep safe at home, school and in the community. Learning includes:

- The importance of personal hygiene
- Choose foods for a healthy, balanced diet
- The benefits of physical activity and sleep
- Safety at home, school and in the community

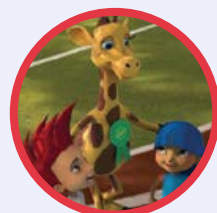


Harold's Friend Ship

Foundation / Kindergarten / Year 1

In this module students consider 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. Learning includes:

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

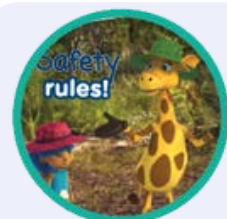


Ready Steady Go

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:

- identifying how the body reacts in new situations
- The benefits of physical activity
- What our body needs to be healthy including nutrition, water and sleep
- 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. Learning includes:

- Recognising safe and unsafe environments
- Behaviours that maintain friendships
- How to care for others
- Places and people we can go to for help



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. Key areas covered:

- Recognising how nutrition and physical activity contribute to health
- Exploring health messages and advertising influences
- Identifying the qualities and attributes of a good friend
- People in our network who can support and help us

NEW in 2023



The Inside Story

Years 3-4

This fun interactive lesson is set in a kid's TV news program. A team of young scientists shrink Harold and place him in a tiny capsule so he can travel inside the body and report back on what he sees. Learning includes:

- The benefits of healthy food for health and energy
- Functions of the body systems: digestive, respiratory, circulatory and others
- Factors that influence physical health, such as nutrition, exercise and medicines

Primary Program



NEW in 2023



Friends and Feelings

Years 3-4

Presented in engaging comic book-style videos, the lesson revolves around a conflict between old friends, Boots and Red. When Red runs off, upset, Boots starts to feel sick in her stomach. With help from their friendship group, they sort things out. Learning includes:

- Broadening and developing emotional literacy
- Identifying and practising assertive communications skills
- Practising emotional regulation skills such as mindful breathing

*Available from January 2023



bCyberwise

Years 3-5

In this updated module students investigate their use of tech and the positives and negatives of being online, including unwanted contact and unsafe situations. The 'Recognise, React, Report' strategy enables them to recognise the clues the body gives when they may be unsafe, to react in appropriate ways and to report and seek help. Learning includes:

- Keeping personal information safe online
- How to recognise, react and report unwanted contact and potential predatory behaviours
- Responsible and respectful behaviour when using communication technology
- Skills for building positive relationships with friends
- Exploring the role of bystanders



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 & nicotine products, students understand that social norms change in line with health research. Learning includes:

- What's in a cigarette or vape?
- Effects of smoking and vaping
- History and law, mystery and facts
- Strategies to reduce harm from second hand smoking



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, plus myths and facts about alcohol, the laws around its sale and use and why some people choose not to consume alcohol. Learning includes:

- Strategies to reduce the harmful effects of alcohol on themselves and others
- Myths and facts surrounding the use of alcohol
- Physical, social and legal consequences of alcohol use
- Strategies for responding to encouragement or pressure to drink



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 the program. Learning includes:

- Investigating myths, facts and social norms
- Strategies and skills to be safe
- Understanding what drugs are and how they are classified
- Influences on decision making (peers, family, media, culture, financial and legal)



Relate Respect Connect

Years 5-6

In this module, students investigate the impact of respectful relationships, including face to face and online connections. They explore how the physical and personal changes at this stage of life will impact their behaviour, emotions and relationships. They learn to recognise, react and report disrespectful, unsafe and predatory behaviour online. Learning includes:

- Understanding how to respect ourselves and others
- Identifying characteristics of positive relationships
- Strategies to help maintain positive online and offline relationships
- How to recognise, react and report unwanted contact, bullying or predatory behaviours