

My Body Matters - Session 3 - Being Active

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

Why do you think exercising makes our hearts stronger and helps us feel happy?

(open-ended question)

Students are asked to understand how exercise affects their bodies and analyse the connection between physical activity and emotional well-being.

Can you think of a fun way to move your body that doesn't need any special equipment?

Why do you like doing that activity?

(open-ended question)

This question encourages students to apply their understanding of physical activity and evaluate why certain activities are enjoyable or accessible.

How do friends help us feel safe or happy?

Can you share a time when a friend helped you or when you helped a friend?

(open-ended question)

Students analyse the role of friendships in emotional support and evaluate the impact of helping one another.

Why do you think it's important to have adults we can trust when we feel worried?

What kinds of things might a trusted adult help us with?

(open-ended question)

This question helps students evaluate the role of trusted adults in their lives and encourages them to create scenarios where an adult might provide support.

How can being active with friends be more fun than doing it alone? What activities do you like to do with your friends?

(open-ended question)

Students reflect on the social benefits of being active with friends, applying their understanding of physical and emotional health.