

Life Ed. Victoria Health & Wellbeing

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Foundation



Main Idea: Everything your body needs for a healthy day.

Learning Intention: Learning about how and why to keep our bodies clean and healthy.

Student Success Criteria: Students can name ways to keep the body clean, such as brushing teeth and washing hands. They can explain why staying clean and healthy is important. They can also describe healthy habits, including eating well, getting enough sleep, and being active.

Curriculum Links: VC2HPFP01, VC2HPFP02, VC2HPFP03, VC2HPFP07, VC2HPFM01, VC2HPFM03.

Foundation
& Year 1



Main Idea: Friendships, feelings and body clues.

Learning Intention: Learning about how to build and keep strong friendships.

Student Success Criteria: Students can explain what makes a good friend. They can describe how to be kind and helpful to others. Students can also talk about how to work through problems in friendships and identify and understand different emotions.

Curriculum Links: VC2HPFP01, VC2HPFP03, VC2HPFP04, VC2HPFP07, VC2CPFS01, VC2CPFS02, VC2CPFO01, VC2CPFO02, VC2CPFO03, VC2CPFO04, VC2HP2P03, VC2HP2P04, VC2HP2P06, VC2CP2S01, VC2CP2S02, VC2CP2O02, VC2CP2O03, VC2CP2O04.

Year 1



Main Idea: Be your social, emotional and physical best.

Learning Intention: Learning about the importance of being active and looking after their health.

Student Success Criteria: Students can explain why being active is important for their body. They can name different activities that keep them moving and healthy. Students can also talk about how staying active makes them feel good.

Curriculum Links: VC2HP2P01, VC2HP2P04, VC2HP2M03, VC2CP2S01.

Years 5 & 6



Main Idea: Smoking and vaping - your voice, your choice.

Learning Intention: Learning to understand what cigarettes and e-cigarettes are, along with the consequences associated with both tobacco smoking and vaping.

Student Success Criteria: Students can list some of the chemicals found in cigarettes and vapes, describe the consequences of smoking and vaping, discuss strategies for dealing with peer pressure and other influences, identify how attitudes and laws around smoking and vaping have changed over time and challenge common myths and facts.

Curriculum Links: VC2HP6P07, VC2HP6P08, VC2HP6P09, VC2HP6P10.

Years 5 & 6



Main Idea: Alcohol and its effects.

Learning Intention: Learning about the effects of alcohol on the body and how to make responsible decisions.

Student Success Criteria: Students can explain how alcohol is digested, absorbed, and removed from the body, discuss the effects and potential harms of alcohol, and demonstrate strategies for resisting peer pressure in alcohol-related situations.

Curriculum Links: VC2HP6P07, VC2HP6P08, VC2HP6P09, VC2HP6P10.

Years 1 & 2



Main Idea: Staying safe and seeking help.

Learning Intention: Learning about the safety rules they need to follow at school and in the community.

Student Success Criteria: Students can identify people who can help in unsafe situations, explain what an emergency is and when to call 000. Students can confidently re-enact how to call 000 in an emergency.

Curriculum Links: VC2HP2P04, VC2HP2P05, VC2HP2P06, VC2HP2P07, VC2CP2S01, VC2CP2S02.

Years 1 & 2



Main Idea: Practising digital safety and wellbeing.

Learning Intention: Learning about safe a respectful ways to be online.

Student Success Criteria: Students can explain why it's important to stay safe online. They can name ways to protect their personal information. Students can also describe how to be kind and respectful when talking to others online.

Curriculum Links: VC2HP2P03, VC2HP2P05, VC2HP2P06, VC2HP2P07, VC2TDI2S02, VC2TDI2D03, VC2TDI2D04.

Years 1 & 2



Main Idea: Nurturing our bodies and friendships.

Learning Intention: Learning how to build positive friendships and understanding how one's actions can affect others.

Student Success Criteria: Students can say what makes a good friend. They can describe ways to show kindness, include others, and solve problems calmly. Students can also explain how their words and actions can make others feel.

Curriculum Links: VC2HP2P02, VC2HP2P03, VC2HP2P04, VC2CP2S02, VC2CP2O03, VC2CP2O05.

Years 5 & 6



Main Idea: Supporting you to make informed and safe decisions.

Learning Intention: Learning to understand what a drug is and the effects of drugs on the body. They are also learning to make informed decisions to maintain their health, safety, and wellbeing.

Student Success Criteria: Students can define the term 'drug,' classify and compare different drugs, and list the impacts that legal and illegal drugs have on the body and a person's life. They can identify key influences on behavior and choices, as well as ways to keep themselves and others safe.

Curriculum Links: VC2HP6P07, VC2HP6P08, VC2HP6P09, VC2HP6P10.

Years 3 & 4



Main Idea: Discovering a healthy, active you.

Learning Intention: Learning about the structure of the body and understand ways to keep it healthy.

Student Success Criteria: Students can identify and locate key body parts, accurately draw and label them with their functions, and explain how sleep, food, water, mindfulness, and movement contribute to the body's overall health and wellbeing.

Curriculum Links: VC2HP4P09, VC2HP4P10, VC2HP4M05, VC2HP4M07.

Years 3 & 4



Main Idea: Social and emotional wellbeing.

Learning Intention: Learning to use their character strengths to support themselves and others.

Student Success Criteria: Students can identify their own character strengths and how to use them, recognise their own and others' feelings, discuss ways to solve problems with friends and manage difficult situations.

Curriculum Links: VC2HP4P02, VC2HP4P04, VC2HP4P06, VC2CP4S02, VC2CP4S03.

Years 3 - 6



Main Idea: Digital literacy and staying safe.

Learning Intention: Learning how to stay safe and be respectful digital citizens.

Student Success Criteria: Students can discuss ways to keep their personal information safe, understand which games and apps are appropriate for their age group, recognise and respond to unsafe or disrespectful online behaviours, and explain strategies to keep themselves and others safe online.

Curriculum Links: VC2HP4P02, VC2HP4P04, VC2HP4P05, VC2HP4P07, VC2HP4P08, VC2HP4P10, VC2TDI4S03, VC2TDI4D04, VC2TDI4D05, VC2HP6P07, VC2HP6P08, VC2TDI6S03, VC2TDI6D05, VC2TDI6D06.

Years 5 & 6



Main Idea: Respectful relationships and wellbeing.

Learning Intention: Learning to explore respect and develop an understanding of how to act respectfully to support healthy relationships with themselves and others.

Student Success Criteria: Students can identify signs of healthy and unhealthy friendships, brainstorm behaviors that are above the line and below the line, identify avenues of support available and create a respect campaign.

Curriculum Links: VC2HP6P04, VC2HP6P06, VC2HP6P08, VC2HP6P10, VC2CP6S02, VC2CP6S03.

Relationships & Sexuality Education

Foundation

Safe Kids, Safe Bodies

Main Idea: Body safety and consent.

Learning Intention: Learning about body safety, including understanding personal space, private body parts, early warning signs, and knowing who to talk to for help.

Student Success Criteria: Students can explain what personal space is. They can name the private parts of the body using correct terms. Students can identify early warning signs and name trusted adults they can go to for help.

Curriculum Links: VC2HPFP02, VC2HPFP04, VC2HPFP05, VC2HPFP06, VC2CPFS01, VC2CPFS02.

Years 1 & 2

Safe Kids, Safe Bodies

Main Idea: Body safety, consent and responding to unsafe situations.

Learning Intention: Learning about body safety, consent, and how to stay safe.

Student Success Criteria: Students can talk about their personal space and how to keep it safe. They can name private body parts, notice how their body feels when they feel unsafe, and name trusted adults they can go to for help. Students also understand the difference between safe and unsafe touches and can practise what to do in unsafe situations.

Curriculum Links: VC2HP2P02, VC2HP2P03, VC2HP2P04, VC2HP2P05, VC2HP2P06, VC2CP2S01, VC2CP2S02.

Years 3 & 4

Body Safety

Main Idea: Staying safe, body boundaries and protective behaviours.

Learning Intention: Learning about body safety and how to recognise when something doesn't feel right.

Student Success Criteria: Students can name some early warning signs of danger. They can identify the private parts of the body and name trusted adults they can go to for help.

Curriculum Links: VC2HP4P02, VC2HP4P07, VC2HP4P08, VC2CP4S02.

Year 5

Evolving Friendships

Main Idea: Building healthy friendships.

Learning Intention: Learning about friendships and feelings, and how to use assertive communication to express ourselves and solve problems respectfully.

Student Success Criteria: Students can recognise feelings in themselves and others. They can name strategies to help cope with difficult emotions. Students understand what healthy friendships look like and can practise using assertive communication to solve problems.

Curriculum Links: VC2HP6P04, VC2HP6P06, VC2CP6S01, VC2CP6S02, VC2CP6S03.

Year 5

Who am I?

Main Idea: Identity, build self-worth, and appreciate diversity and resilience.

Learning Intention: Learning about identity, what impacts our sense of self, and what makes us similar to or different from others.

Student Success Criteria: Students can describe factors that influence their identity and understand that their identity is unique. They can also recognise their negative inner voice and name some strategies to manage it.

Curriculum Links: VC2HP6P01, VC2HP6P03.

Year 5

Welcome to Puberty

Main Idea: Puberty, body changes, and personal safety.

Learning Intention: Learning about puberty and the changes that occur during this important stage of human development.

Student Success Criteria: Students understand puberty as an important stage of human development. They can identify parts of the male and female reproductive systems and name some of the physical, social, and emotional changes that occur during puberty. Students can recognise early warning signs that alert them to potential danger and can identify trusted adults to go to for help.

Curriculum Links: VC2HP6P02, VC2HP6P06, VC2HP6P07, VC2CP6S01.

Year 6

Discovering Identity

Main Idea: Identity evolves through self-expression, culture, and diversity, body image, and belonging.

Learning Intention: Learning about what shapes a person's identity and how it can change over time.

Student Success Criteria: Students understand that identity is unique to each person and can change over time. They can explain what influences and shapes their identity.

Curriculum Links: VC2HP6P01, VC2HP6P03, VC2HP6P05, VC2CP6O01, VC2CP6O02.

Year 6

Thriving in Puberty

Main Idea: Puberty, personal boundaries, and managing changes with confidence and support.

Learning Intention: Learning about the social, emotional, and physical changes that happen during puberty and how these changes can affect our daily lives and relationships.

Student Success Criteria: Students can explain what puberty is and name the male and female reproductive systems. They can describe some changes that happen during puberty, notice when they feel unsafe, and know their personal rights. Students can also explain what to do and who to go to if they feel unsafe.

Curriculum Links: VC2HP6P02, VC2HP6P06, VC2HP6P07, VC2CP6S01.

Year 6

Navigating Relationships

Main Idea: Understanding relationships, identify healthy and unhealthy traits, and resolving conflicts respectfully.

Learning Intention: Learning about the nature of changing relationships, including romantic relationships, and how they can affect us.

Student Success Criteria: Students understand that relationships can change and affect their feelings. They know their personal rights and responsibilities within relationships and can identify strategies for dealing with unhealthy behaviours.

Curriculum Links: VC2HP6P04, VC2HP6P06, VC2CP6O03.

Year 6

The Journey of Human Reproduction

Main Idea: Human reproduction, from conception to childbirth, and the responsibilities of caring for a newborn.

Learning Intention: Learning about how a baby can be created and the process involved.

Student Success Criteria: Students understand that a sperm and egg must meet to create a baby. They can explain that a developing baby grows inside the mother's uterus and can name the different ways a baby can be born.

Curriculum Links: VC2HP6P02, VC2HP6P07.

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