



Growing good friends

Curriculum Alignment

Life Education Content Descriptors	Links to the Australian Curriculum Learning Area - Health & PE (Year 2)	Connections to Lesson Plan
<p>Identify actions that contribute to a healthy lifestyle (nutrition/physical activity)</p>	<p>Personal, Social and Community Health Being healthy, safe and active Recognise situations and opportunities promote health, safety and wellbeing (ACPPS018)</p>	<p>Investigating the inclusion and use of a vegie patch either in their homes or schools provides students with another opportunity for a healthy lifestyle.</p> <p>Physically constructing a vegie garden provides an opportunity for physical activity. It creates an understanding of various vegetables in their earliest states and the joy of eating something they have grown themselves.</p>
<p>Identify safe and unsafe behaviours, situations and environments</p>	<p>Personal, Social and Community Health Being healthy, safe and active Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)</p>	<p>Physically constructing a garden bed after completing online activity A2 Garden Safety helps to establish safe gardening practice.</p>

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<p>Identify and practice strategies to make healthy food choices</p>	<p>Personal, Social and Community Health Communicating and interacting for health and wellbeing Examine health messages and how they relate to health decisions and behaviours (ACPPS021)</p>	<p>Conducting a class survey helps students identify healthy food practices that students engage in at home.</p> <p>Investigating a food journey encourages students to consider which foods they eat that remain close to their original state and how this contributes to healthy eating.</p>
<p>Identify ways that people show care and concern for one another</p>	<p>Personal, Social and Community Health Communicating and interacting for health and wellbeing Describe ways to include others to make them feel they belong (ACPPS019)</p>	<p>The poetry exercises encourage students to articulate the qualities associated with positive relationships.</p> <p>The script writing encourages students to identify the impact of positive and negative behaviour among young people. It encourages them to reflect on the kind of friend they can be.</p>

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