

My Body Matters

Foundation - Level 2

This module focuses on things children can do to keep themselves healthy including:

- ▶ The importance of personal hygiene
- ▶ choosing foods for a healthy balanced diet
- ▶ benefits of physical activity and sleep
- ▶ ways to keep safe at home, school and in the community



Skills

- ▶ Interpersonal skills
- ▶ Self-management skills
- ▶ Movement skills

Contexts for learning

- ▶ Personal identity
- ▶ Relationships
- ▶ Mental health and wellbeing
- ▶ Food and nutrition
- ▶ Safety

Content strands

- ▶ Health, wellbeing and relationships
- ▶ Movement skill and performance
- ▶ Healthy, safe and active lifestyles

Key inquiry questions

- ▶ What helps us to stay healthy and safe?
- ▶ How do we move our bodies?
- ▶ How can we care for each other?
- ▶ How do we make healthy and safe choices in different situation?

LEVEL	CURRICULUM AREA	STRANDS	SUB-STRANDS	CONTENT DESCRIPTIONS
Foundation	Health and Physical Education	Personal Social and Community Health	Being Healthy, Safe and Active	Name parts of the body and describe how their body is growing and changing [VCHPEP058] Identify people and actions that help keep themselves safe and healthy [VCHPEP059]
			Communicating and Interacting for Health and Wellbeing	Practise personal and social skills to interact with others [VCHPEP060] Identify and describe emotional responses people may experience in different situations [VCHPEP061]
		Movement and Physical Activity	Understanding Movement	Explore how regular physical activity keeps individuals healthy and well [VCHPEM066]
Levels 1 and 2		Personal Social and Community Health	Being Healthy, Safe and Active	Recognise situations and opportunities to promote their own health, safety and wellbeing [VCHPEP074]
			Contributing to healthy and active communities	Explore actions that help make the classroom a healthy, safe and active place [VCHPEP078]