

Health

For Years 1-2

By Miranda Mason



**Linked to three areas of the
Australian National Curriculum:**

- being healthy, safe and active
- communicating and interacting for health and wellbeing
- contributing to healthy and active communities

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Teachers' Notes

Being healthy is necessary if we are to have quality of life. We can often take our health for granted. *Health For Years 1 - 2* has been written to support students to make wise choices to enhance their own health, safety and wellbeing. As students work their way through this book, they will become more aware of their own emotions and of the emotions of others and know how to enhance their health and that of others. These are important life skills.

Health and Physical Education is an important learning area which has strong links to Science and takes a strength-based approach to help children become health literate.

Health For Years 1-2 belongs to the *Australian Health And Physical Education Series* which comprises ten books in total. This book is linked to the Australian curriculum. The content descriptors that each activity addresses are written at the bottom of every page. *Health For Years 1-2* focuses on three areas of the curriculum in particular:

- being healthy, safe and active;
- communicating and interacting for health and wellbeing; and
- contributing to a healthy and active community.

This book is a flexible resource and you can choose to follow the sections chronologically or use the topic pages in no particular order. Teachers are masters of adaptation. Please feel free to modify the tasks and activities to suit your students - as you know them best in a school environment.

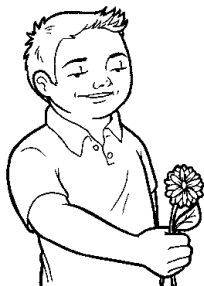
Above all, have fun with the topic!

Activity

Super Strengths

Everyone has different talents. They are part of what makes us who we are. Talents do not have to be big and showy. Being able to speak kindly, write neatly and make a great breakfast are just as important as being able to play a sport well, sing or speak another language.

- ☐ What are your superhero talents? Look at the pictures below and tick your strengths.



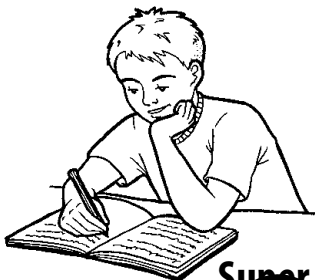
Super Kind

☐

Super Sports

☐

Super Singer

☐

Super Neat

☐

Super Smart

☐

- ☐ Draw two more strengths that you have. Share them with a friend.

EXTRA!

On the back of this sheet, draw or paste a picture of a superhero or another character who you admire and explain his/her super strength.



It is great fun to share with your friends. This way, everyone gets to play and enjoy themselves. However, sometimes it is hard to share special things that are precious and that you have been told to look after. If a friend asks you if he/she can share your precious things, it could create a problem. You should tell them kindly that some things that you have, are not for sharing.

- ☐ Your friend has come round to your house for a play and wants to share your special rock set that your mum has told you to take great care of. You think that your friend will not take care of it like you do. In the speech bubble write what you are going to say to your friend. Look at the pointers below to help you.

- Maybe your friend has something at home that is special, so he/she can relate to your feelings.
- Remember the instructions that you have been given from your mum.
- Your friend will need to know why your rock set is so important to you.
- Think about what might happen if you share it.
- Choose your words so that you don't hurt your friend's feelings.



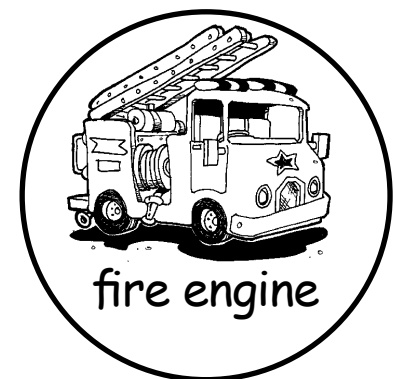
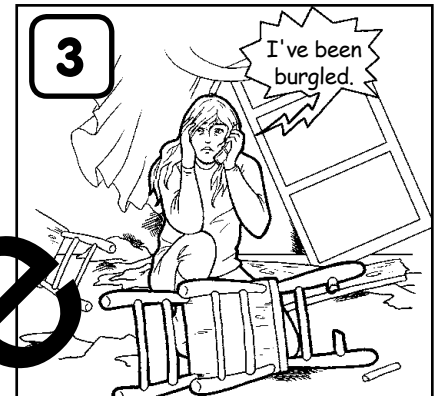
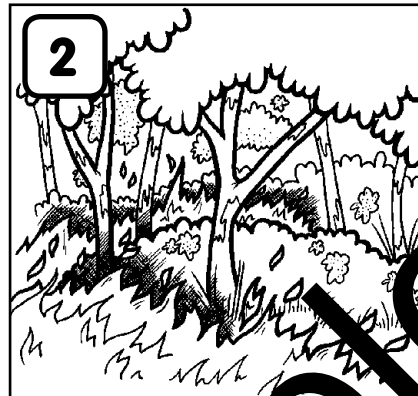
Speech bubble area with horizontal lines for writing.

Activity

Asking For Help 4

If there is an emergency - it is important to call for help. You can do this on any phone by dialing 000. This number will help you to access: the police, an ambulance or a fire engine.


- ☐ Draw lines and use three different colours to match the problems to the emergency services.



WHAT WOULD YOU DO?

- ☐ Imagine that you are at home and your mum has fallen and is not able to move. She asks you to call 000. In the speech bubble, write what you would say to the operator.





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Activity

Staying Safe Outside 3

Australia is a hot country. We spend lots of time outside and if we do not protect our skin it can get burnt and damaged by the sun's rays. There are simple things that we can do every day to protect our skin.

- ☐ Colour the sun-safe things that we can do to protect our skin when we are outside.



- ☐ Tick the sun safe things that we can do to protect our skin when we are outside.

Put on sunscreen before you go outside. <input type="checkbox"/>	Wear a hat with a brim. <input type="checkbox"/>	Put on cool clothes that cover your skin. <input type="checkbox"/>
Protect your eyes with sunglasses. <input type="checkbox"/>	Re-apply sunscreen later in the day. <input type="checkbox"/>	Stay in the shade when you can. <input type="checkbox"/>

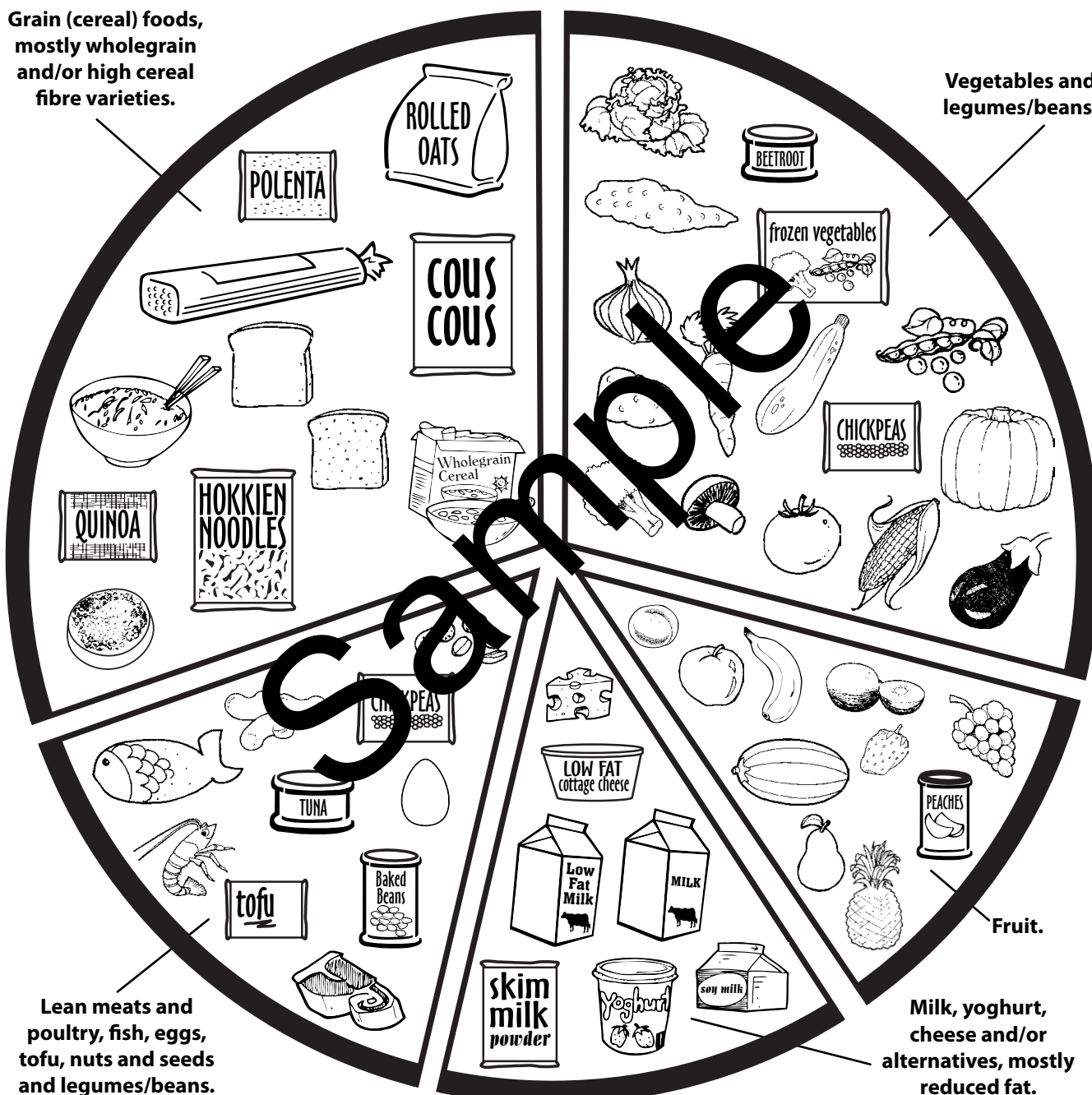
Activity

Healthy Eating 1

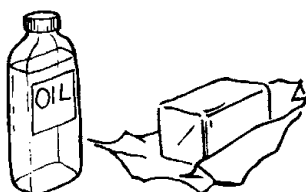
A healthy diet means eating a balance of the right types of foods. This is essential if you want to maintain a good level of health for your body and mind. The Australian Government has developed The Australian Guide To healthy Eating below to help you to do this.

Grain (cereal) foods,
mostly wholegrain
and/or high cereal
fibre varieties.

Vegetables and
legumes/beans.



Use small amounts



Drink plenty of water



Only sometimes and in small amounts

