

# SPPS 2018 Health & Wellbeing Program

Physical Education program for Salisbury Park Primary School can be viewed on the SPPS website along with Health and Wellbeing program.

Health lessons will be on Thursdays and Fridays held in the library. The Australian Primary Health Curriculum aims to encourage students to consider what it means to be healthy. They realise that good health is important for all people; that there are many influences on the health of individuals, families and communities. A vital component of this strand is the development of a healthy wellbeing (social and emotional), knowledge of body systems, keeping active and nutrition. Students consider safe practices (Child Protection Curriculum) in relation to matters such as substance use, preparing food, participating in physical activity, protective strategies and working with others or in teams.

**\* In term 3, the CPC – Recognising and Reporting abuse will be primarily taught by the class room teacher.\***

		Years R-7
		Introduction
Overview	Physical Health (Term 1)	<ul style="list-style-type: none"> <li>• Food and nutrition (including balancing energy needs, nutritional requirements, nutrition for performance, nutrition for wellbeing, how culture and context shape what we eat) balanced diet, food pyramid and types of food, behaviors, drugs in sport)</li> <li>• Sleep and rest</li> <li>• Personal identity and sense of self (including body image, gender identity, role of physical activity in forming a positive sense of self)</li> <li>• Self esteem</li> <li>• Feelings and expressing emotions</li> <li>• Physical activity and fitness (including benefits of being physically fit and reducing sedentary behaviors, fitness development, and participation in a range of activities that enhance various dimensions of fitness)</li> <li>• <i>CPC – Right to be safe (FA1)</i></li> </ul>
	Social Health (Term 2)	<ul style="list-style-type: none"> <li>• Healthy habits – life choices and hygiene.</li> <li>• Washing hands, dental.</li> <li>• Safety (including personal safety, road safety, water safety, sport safety, sun safety, first aid and emergency care)</li> <li>• Personal identity and sense of self (including body image, gender identity, role of physical activity in forming a positive sense of self)</li> <li>• Respectful relationships (including negotiating positive and respectful relationships, managing changing)</li> <li>• Bullying – No Way &amp; Getting along with others</li> <li>• Scenarios of conflict &amp; Peer pressure</li> <li>• <i>CPC – Relationships (FA2)</i></li> </ul>
	Physical Health (Term 3)	<ul style="list-style-type: none"> <li>• Parts of the human body – muscles, bones and organs</li> <li>• How they work – systems of the body – respiratory, circulatory, digestive, Endocrine, Immune system</li> <li>• Skill acquisition</li> <li>• Cyberbullying/use of Social Media</li> <li>• <b>*CPC – Recognising and Reporting Abuse (Class Teacher) (FA3)*</b></li> </ul>
	Emotional Health (Term 4)	<ul style="list-style-type: none"> <li>• Mental health promotion (including developing skills to be resilient, coping strategies, early help-seeking, developing and navigating networks of support, supporting and advocating for others)</li> <li>• Drug use (including managing use of prescribed and over-the-counter drugs, links between drug use, nature of drug/substance use and impacts on individuals and communities, protective behaviors, managing risk-taking)</li> <li>• <i>CPC – Protective strategies (FA4)</i></li> </ul>