



SPPS 2020 HEALTH & WELLBEING PROGRAM

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

http://www.salsparkps.sa.edu.au/news_news.htm

Health lessons will be on Mondays 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
Overview	Introduction	<ul style="list-style-type: none"> • Introduction to Health • What is health and wellbeing? Mental, Social & Physical – Presentation • Child Protection Curriculum – 3 Strands • Health – Mondays/Fridays in Library
	Physical Health (Term 1)	<ul style="list-style-type: none"> • Healthy habits – life choices • 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) • Sleep and rest • 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) • Hygiene and dental. • <i>Beep Test - Fitness</i>
	Physical Health (Term 2)	<ul style="list-style-type: none"> • Parts of the human body – muscles, bones and organs • How they work – systems of the body – respiratory, circulatory, nervous, digestive, circulatory, immune system, visual system, hearing system and urinary system. • Body Systems Test (UP - summative) • <i>Beep Test - Fitness</i> • <i>CPC – Relationships (FA2)</i>
	Physical Health (Term 3)	<ul style="list-style-type: none"> • Inquiry Based Project – Active vs Sedentary Lifestyles (UP – Summative) • Safety (including personal safety, road safety, water safety, sport safety, sun safety, first aid and emergency care) • <i>CPC – Right to be safe (FA1)</i> • <i>Beep Test - Fitness</i> • *CPC – Recognising and Reporting Abuse (Class Teacher) (FA3)*
	Social/Emotional Health (Term 4)	<ul style="list-style-type: none"> • Cyberbullying/use of Social Media • Personal identity and sense of self (including body image, gender identity, role of physical activity in forming a positive sense of self) • Skill acquisition assignment task (UP - summative) • Respectful relationships (including negotiating positive and respectful relationships, managing changing • Bullying – No Way & Getting along with others • Scenarios of conflict, self-esteem & Peer pressure • Feelings and expressing emotions • <i>Beep Test - Fitness</i> • <i>CPC – Protective strategies (FA4)</i>