

### **Relevant aspects from the Year 1 level description for Health and Physical Education:**

- The content builds on the learning from Pre-primary and supports students to better understand their personal identities and how these change over time.
- Students develop strategies to keep healthy and safe, and skills to enhance their interactions with others.
- Opportunities are given to explore health messages in the media and how they influence choices and behaviours.
- The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

### **Relevant aspects from the Year 2 level description for Health and Physical Education:**

- The content supports students to make decisions that enhance and promote personal health and wellbeing.
- Students focus on becoming more aware of their personal identity and how their social interactions and relationships change over time.
- Students explore a variety of strategies and behaviours to keep safe and healthy.
- Students further develop social skills, becoming aware of the feelings of others in different situations and demonstrating positive ways to respond, such as including peers in activities.
- Opportunities are provided to further explore health messages in the media and the ways they influence a healthy, active lifestyle.
- The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

Protective Behaviours content has relevance to the following focus areas: Safety, Relationships and Mental health and wellbeing.

Years 1 and 2 teacher toolkit template examples:

- Drawing and scribbling
- Placemat
- Brainstorm
- T-chart
- Relaxation
- Persona dolls
- Choose a corner
- Values continuum