

CURRAMBINE PRIMARY SCHOOL

Health Scope and Sequence

	Kindy	PP	Y1	Y2	Y3	Y4	Y5	Y6
Tm 1	<p>Intro to Mindfulness Healthy mind Lesson 1 Understanding My Brain Big Muscles Lesson 1 Recognising & Managing Thoughts & Emotions I Feel Good- recognising emotions.</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>I Do It Boss of Body (start in Tm 1 but it is ongoing)</p>	<p>Intro to Mindfulness Healthy mind Lesson 2 Understanding My Brain Big Muscles Lesson 2 Recognising & Managing Thoughts & Emotions I Feel Good- We can change our feelings.</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>I Do It Feelings Pool Rollercoaster Anger Management</p> <p>Water safety (SCSA) +Swimming lessons</p>	<p>Intro to Mindfulness What is Mindfulness? Brain exercise Understanding My Brain 3 BIG Brain Parts Recognising & Managing Thoughts & Emotions Mindful & Unmindful Actions</p> <p>Consistently set personal goals at least once a term (age appropriate as a PLC)</p> <p>Ways bodies change – feet, hand, height, teeth. Class chart and photos each term. (SCSA)</p>	<p>Intro to Mindfulness Snow Globes – When are we mindful? Understanding My Brain 3 BIG Brain parts Recognising & Managing Thoughts & Emotions Regulating emotions – STOP response</p> <p>Consistently set personal goals at least once a term. (PLC focus to class level/ age appropriate)</p>	<p>Intro to Mindfulness Mindfulness Quilt 3 Questions Understanding My Brain Brain Hand Model- Emotional Awareness Recognising & Managing Thoughts & Emotions Self-regulation & Gratitude, Paper Plane</p> <p>Consistently set personal goals at least once a term and explicitly teach how to measure a goal (SMART goal setting).</p>	<p>Intro to Mindfulness Lesson 1 Mindful V unmindful Old turtle and the broken truth Understanding My Brain Lesson 2 Parts of the brain Ellie Mc Doodle: New kid in school Recognising & Managing Thoughts & Emotions Lesson 3 Thoughts and feelings Unhelpful into helpful</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p>	<p>Intro to Mindfulness Lesson 1 Mindful V unmindful The power of meow Understanding My Brain Lesson 2 Parts of the brain The sign of the beaver Recognising & Managing Thoughts & Emotions Lesson 3 Thoughts and feelings Tricky situations Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Sun and safety (SCSA)</p>	<p>Intro to Mindfulness Lesson 1 Mindful V unmindful Mindful story about cups Understanding My Brain Lesson 2 Parts of the brain Hatchet Recognising & Managing Thoughts & Emotions Lesson 3 Thoughts and feelings Tricky situations Consistently set personal goals at least once a term in classes. (SMART goals) (add coping strategies)</p>

	Positive Behaviour for Schools (PBS) – short lessons each week	Positive Behaviour for Schools (PBS) – short lessons each week	Positive Behaviour for Schools (PBS) – short lessons each week	Positive Behaviour for Schools (PBS) – short lessons each week	Positive Behaviour for Schools (PBS) – short lessons each week	Protective Behaviours Strategies to ensure safety and wellbeing at home and at school – road safety, personal/stranger danger and decision making (SCSA) Positive Behaviour for Schools (PBS) – short lessons each week	Beach learn to swim Positive Behaviour for Schools (PBS) – short lessons each week	Beach learn to swim Positive Behaviour for Schools (PBS) – short lessons each week
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Tm 2	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p><i>I Do It Boss of Body (ongoing) Manners Café (need to refine) Park Entrance (PLC unsure – need to refine unit)</i></p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>I Do It Friendship Garden Rollercoaster – fears and worries Virtues Valley Maze- problem/solution</p> <p>Healthy eating (SCSA) Needs refining to focus on advantages of eating healthy)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term. (PLC focus to class level/ age appropriate)</p> <p>Bounce Back Unit 2 People bouncing Back</p> <p>Strategies to use when help is needed (SCSA) Triple 000 Community Safety (refine)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term and explicitly teach how to measure a goal (SMART goal setting).</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Healthy Active Kids' Program food labels – advertising.</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Changes associated with puberty which vary with individuals. (SCSA)</p> <p>Protective behaviours Shaping skills for life.</p> <p>Preventative health measures that promote and maintain an individual's health, safety and wellbeing. (SCSA)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Strategies that promote a healthy lifestyle eg. Refusing drugs, improving nutrition (SDERA)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>
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Tm 3	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>I Do It <i>Park Entrance (PLC unsure – need to refine unit)</i></p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>I Do It Cooperation Playground Maze problem/solution Eating healthy food (SCSA)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>I Do It Maze bullying</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term. (PLC focus to class level/ age appropriate)</p> <p>Strategies and behaviours that promote health and wellbeing. (SCSA) (Include Brush Teeth/ Good Food)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term and explicitly teach how to measure a goal (SMART goal setting).</p> <p>Friendly Schools Plus / Protective Behaviours Unit 4 Bullying/cyber</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Friendly Schools Plus Bullying</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Aussie Optimism Module 2,3 & 7 (Healthy Lifestyle)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Aussie Optimism <i>(Social skills)</i> / Friendly Schools Plus <i>(Cyber Bullying)</i> (combine these)</p> <p>Introduce year level Co-operative Learning Strategies</p> <p>Positive Behaviour for Schools (PBS) – short lessons each week</p>
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Tm 4	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>I Do It Information centre (PLC unsure – need to refine unit)</p> <p>Introduce positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>Protective behaviours To keep safe and healthy – safe people in the community and safe surprises and unsafe secrets. Parts of the body including private parts – using correct terminology. (SCSA)</p> <p>Introduce Positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a Term (age appropriate – as a PLC)</p> <p>Protective behaviours networks First aid focus 000 Personal space Health messages eg. sun safety, water safety (SCSA)</p> <p>Introduce Positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term. (PLC focus to class level/ age appropriate)</p> <p>Friendly Schools Plus Bystander behaviour / Ways health messages are communicated in the media and how they can influence personal health choices. (SCSA)</p> <p>Introduce Positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term and explicitly teach how to measure a goal (SMART goal setting).</p> <p>Actions in daily routines that promote health, safety and wellbeing. (SCSA)</p> <p>Physical (healthy eating), social and emotional changes that occur as individuals grow older. (SCSA)</p> <p>Introduce Positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Bounce Back Unit 2 Resiliency 3, 4 & 6</p> <p>Introduce Positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Reliable sources of information that information health, safety and wellbeing. (SCSA)</p> <p>Bike Safety Strategies that promote a safe, healthy lifestyle (SCSA)</p> <p>Introduce Positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>	<p>Mindfulness</p> <p>Consistently set personal goals at least once a term in classes. (SMART goals)</p> <p>Nutrition</p> <p>Introduce Positive Behaviour for Schools (PBS) – short lessons each week Co-operative Learning Strategies embedded into PBS (trial)</p>
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