



GRADE 1-2

Ready, steady, go!

Thank you for participating in a Life Education session. We hope your students developed a greater understanding of how to build healthy relationships and healthy bodies.

Below are some suggested activities designed to reinforce the concepts covered during the Life Education session. You may choose to do all or some of the activities. Please choose those activities which best suit the learning intentions of your current inquiry and the learning needs of your students.

We can:

- Identify and locate the heart, lungs, brain and muscles
- Explore different ways we can exercise
- Explain some ways we can keep ourselves safe when we are exercising
- Classify 'everyday' and 'sometimes' foods
- Explain why exercise and eating 'everyday foods' is important for our health
- Describe thoughts and feelings we have in new or scary situations and how we can help ourselves with positive thoughts
- Take part in Harold's Healthy Challenge



Developing Life Smart Kids

We give kids the smarts to deal with the hard stuff.

ACTING

Act out all the ways you move to stay healthy.

MAKE HUMAN SKELETONS

Make your own skeletons using split pins at the joints to make them move.

You might like to hang them in the class. Take notice of all the joints (the knees, elbows, shoulders, hips, etc.) that help you to move your body.

WORRY CHECKLIST

Make a worry checklist.

Write down all the things you can do when you are feeling scared and worried, and all the people you can talk to.

Display it somewhere you can easily reference.

BRAIN BREAK CARDS

Make 5 minute Brain Break and Body Break Cards.

On the cards write ways to get your body and brain moving to stay healthy and get you refocused.

Use the cards at times when the class is getting restless and needing to move.

HEALTH POSTER

Make a poster of all the positive changes you will make in regards to your health.

Break the poster into 4 sections: sleep, moving, eating, drinking. Focus on improvements you can make in these areas.

CHARADES

Choose your favourite physical activity.

Silently act it out to the class and see if they can guess which activity is your favourite.

SAFETY CHECKLIST

How safe is your school? Write a list of all the things that keep you safe in the following areas:

- Playground
- Classroom
- The crossing
- Sports court/sports field
- Pool

HEALTHY FOOD ALPHABET

Write down all the letters of the alphabet.

See if you can think of a healthy food for each letter. Write or draw the foods that spell out your name.

THE HUMAN BODY

Using butcher paper, have a friend trace around your body.

See if you can remember where some of the main body parts live, like the heart, lungs, brain and muscles. Draw them on your body.

Draw an arrow from each body part and write a list of actions that the body part helps you perform. For example, the lungs, legs, and heart help you to run and play chasey.

MEAL PLAN

Harold needs lots of energy when he does physical activity. He gets this energy from healthy foods!

Create a meal plan for Harold's big race day, with lots of healthy foods that will give him energy.

POSITIVE SELF-TALK

During the day, check every time you say or think something negative and write it down. For example, 'I can't do it' or 'this is too hard, I'm going to give up!'

At the end of the day, cut out a flower template like the image below.

Think of a positive alternative that could help you. For example, 'this is hard, but I'm going to give it a try.'



HEART RATE

Find your heart rate.

This can be found on your wrist, over your chest, or just under our neck. Set a timer for 1 minute and count how many times your heart beats in that time.

Choose a physical activity for the class to do like running. Do the activity for a few minutes. Set a timer again for 1 minute and count your heart rate again.

What happened to it?

Why do you think that happened?



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HUMAN BODY JIGSAW PUZZLE

Construct a human body puzzle by drawing a human body on paper, gluing this to cardboard and cutting the cardboard into different shapes.

Don't forget to draw the heart, lungs, brain, and some muscles.

See if you and your classmates can put your human back together again.

EXERCISE BY NAME

Write your name down the left hand side of a page.

After each letter, write an exercise you can do that starts with that letter and how many repetitions you will do. Try out your new exercise routine.

For example:

Jumping Jacks x 10
Aerobics
Interpretative dance x 2 mins

MIND MAP

Make a mind map of all the ways to stay safe when you exercise.

Take the map to your next health and physical education class and see if your teacher can add any others.

BIKE SAFETY

Harold is about to go on a big bike ride with his family.

Make a checklist of all the things he will need to take or do to stay safe and healthy on his bike ride.

CANTEEN FOODS

Circle the healthiest food options on your canteen list.

As a class write a letter to the canteen or the Principal requesting some more healthy choices be made available to the school community.

Or

How much does it cost?

Choosing only the healthy items from your school canteen list, write out a lunch order and calculate the cost of the order by adding up the total value of your lunch order.

HERB GARDEN

Start a class herb garden to display along your window ledge.

Observe the changes the plants make over the days by keeping a plant diary.

Remember to give them the right amount of sun and water to grow healthy and strong.

TREASURE HUNT

Go on a healthy eating and exercising treasure hunt around your school, where half the class leaves clues related to health and the other half of the class follows the clues.

For instance, a clue might read, 'This is somewhere you can get healthy by kicking a ball', with the next clue waiting on the football goals on the football oval.

Can you find the hidden treasure?

Perhaps it is a health party with healthy snacks and physical activities to get your body moving.

SCHOOL/CLASS HEALTH DAY

Hold a school/class health day.

Have healthy and delicious lunch options available on the day, like fruit salad and sushi.

Make a list of all your favourite foods, and see if these can be added to the regular school canteen list.

Safety Note: Please consider the allergy needs of the students and adults participating in this event.