

## MY BODY MATTERS

Pre-Primary

Harold and his friends want to look their best for photo day at school, but discover that things don't always go to plan. This module focuses on things children can do to keep themselves healthy including:

- the importance of personal hygiene
- choosing foods for a healthy balanced diet
- benefits of physical activity and sleep
- ways to keep safe at home, school and in the community



## HAROLD'S FRIEND SHIP

Pre-Primary - Year 1

After building a model spaceship at school, Harold and his friends, Boots and Red venture into an imaginary world in outer space. As the adventure unfolds children explore:

- how to build friendships and care for others
- feelings and emotions
- safe and unsafe situations and early warning signs
- safe places and people to turn to for help



## READY, STEADY, GO

Year 1

Harold and his friends are ready for their big race at the school athletics carnival. Or are they? When one member of their relay team doesn't show up, what will they do?

This fun, engaging narrative provides opportunities to discover:

- benefits of physical activity
- safety strategies in different environments
- how our body reacts in new situations
- what our body needs to be healthy including a nutritious diet, water and sleep



## SAFETY RULES

Year 1 - Year 2

Harold and his friends have gone camping, but when someone gets injured on a hiking expedition, how will they look after each other and make it back to camp? This module helps children to problem solve and focuses on:

- recognising safe and unsafe environments
- how to care for others
- behaviours that maintain friendships
- places and people who we can go to for help

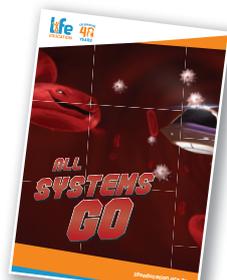


## GROWING GOOD FRIENDS

Year 2

Harold battles to figure out what to give his grandma for her birthday, until his friends, Boots and Red step in and offer some good ideas. This animated story takes us to familiar surroundings where students can:

- explore what health messages mean
- identify safety signs
- recognise how physical activity and nutrition contribute to a healthy lifestyle
- explore how positive relationships benefit our health and wellbeing



## ALL SYSTEMS GO

Years 2 - 4

Inside a futuristic machine 'The Venture', the Captain and his crew take the class on a tour of the human body. Travelling through the blood, the class explore and discover how magnificent the human body really is. Students explore the functions of various body parts and the actions required to keep these systems working well including:

- factors that influence the function of body systems such as nutrition, exercise and drugs
- the impact food choices have on health and energy levels
- exploring ways to manage peer pressure
- the effects of second hand smoking
- the function of vital organs (heart, lungs, brain, kidneys)