

Ready Steady Go! - Session 1 - Healthy Body

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

What must Harold and all of the other students bring to the Sports Carnival?

(A healthy lunch, water, hat and sunscreen.)

What are the 5 healthy food groups?

(Grains, dairy or dairy alternatives like plant-based milk, protein, fruit and veggies.)

Harold has yummy healthy items in his lunch box today including a sandwich, some carrots, and water.

What are some healthy foods that you like to eat for lunch? (open ended)

What are some ways to stay physically active?

(Walking the dog, kicking a ball, swimming, gymnastics, dancing, jumping, skipping, running. Etc.)

What are some of the benefits of physical activity?

(Flexibility, balance, building your muscles, strengthening your bones, keeping your brain and skin healthy, keeping your lungs and heart healthy.)

Harold gets nervous and feels a bit upset in the tummy before his before his big race?

What advice does Red give him?

(He's got nervous butterflies, that's all, everyone gets them before a big event, they can help you run faster.)

How could you encourage a friend who is feeling nervous and may have butterflies in their tummy?

(Kind words, remind them of what a brave friend they are) (open ended)