

# Primary Programs



## Physical Health



## Social & Emotional Wellbeing



## Safety

Life Ed offers a range of age-appropriate primary school modules aligned to the Australian & state-based curriculum across the Health and Physical Education Learning Area and General Capabilities.

Designed to inspire and empower students, providing knowledge, skills and strategies through interactive learning experiences. Our program includes pre and post visit lessons to deepen classroom learning and support students to thrive.

UPDATED in 2024

Foundation/Kindergarten



Everything your body needs for a healthy day

Students learn about choices and behaviours that promote health, safety and wellbeing as they are growing and changing. They explore personal hygiene, healthy food choices, the benefits of physical activity and sleep, as well as consent and protective behaviours to keep themselves and others safe.

- The importance of personal hygiene
- Choosing foods that contribute to health, energy and growth
- The benefits of physical activity and sleep
- Protective behaviours to keep themselves and others safe



Friendships, feelings and body clues

Foundation / Kindergarten / Year 1

Students consider the importance of relationships and gain skills to seek help in a variety of situations. They have opportunities to practice strategies to manage their feelings and emotions.

- How to build friendships and care for others
- Identifying and managing feelings and emotions
- Recognising body clues that let us know when we could be unsafe
- Safe people and places to seek help



Healthy, active and resilient

Year 1 - 2

Students learn to identify body clues and manage emotions that arise in new or challenging situations. They also investigate the importance of physical activity and health choices.

- Identifying how our bodies react in new situations
- The benefits of physical activity
- What our body needs to be healthy including nutrition, water and sleep
- Safety strategies in different environments



Staying safe and seeking help

Years 1-2

Students investigate how to protect themselves in unsafe environments and seek help. They also learn about the people and services that keep us safe and how to identify and respond in emergency situations.

- Recognising safe and unsafe environments
- Behaviours that maintain friendships
- How to care for others
- Places and people we can go to for help

UPDATED in 2024

Year 1 - 2



Nurturing respectful relationships

Students investigate the importance of respectful friendships and the benefits they have on our wellbeing. This includes recognising the qualities of a good friend, showing care and concern for others, and practising ways to respectfully ask, give or deny consent to keep ourselves safe.

- Identifying the qualities and attributes of a good friend
- Recognise the importance of respectful relationships for wellbeing
- Strategies to seek, give, or deny consent
- People in our network who can support and help us



Discovering a healthy active you

Years 3-4

Students investigate in this fun interactive lesson which is set in a kid's TV news program. A team of young scientists shrink Harold and place him in a tiny capsule so he can travel inside the body and report back on what he sees.

- The benefits of healthy food for health and energy
- Function of the body systems: digestive, respiratory, circulatory and others
- Factors that influence physical health, such as nutrition and exercise

# Primary Programs



Years 3-4



Students learn by engaging with comic book-style videos. The lesson revolves around a conflict between old friends, Boots and Red. When Red runs off, upset, Boots starts to feel sick in her stomach.

- Broadening and developing emotional literacy
- Identifying and practising assertive communications skills
- Practising emotional regulation skills such as mindful breathing

Life Ed is endorsed by the eSafety Commissioner as a Trusted eSafety Provider.



Years 3-4

Students investigate their use of tech and the positives and negatives of being online, including unwanted contact and unsafe situations. The 'Recognise, React, Report' strategy enables them to recognise the clues the body gives when they may be unsafe, to react in appropriate ways and to report and seek help.

- Keeping personal information safe online
- How to recognise, react and report unwanted contact and potential predatory behaviours
- Responsible and respectful behaviour when using communication technology
- Skills for building positive relationships with friends
- Exploring the role of bystanders



Years 5-6

NEW in 2024



Students investigate the issues around vaping and smoking. Students are encouraged to stop and "take a breath", ask questions, seek answers, and exercise critical thinking skills before making a decision.

- What are vapes and cigarettes?
- Physical, social, financial & health effects of cigarettes, e-cigarettes and nicotine
- The comparisons and connections between e-cigarettes/vaping and the history of smoking
- Strategies & responses that model assertiveness and resilience in challenging situations



Years 5-6

Students learn about alcohol in a balanced and age-appropriate way. They investigate how alcohol enters the body and blood stream, how it changes the way the body and brain work, plus myths and facts about alcohol, the laws around its sale and use and why some people choose not to consume alcohol.

- Strategies to reduce the harmful effects of alcohol on themselves and others
- Myths and facts surrounding the use of alcohol
- Physical, social and legal consequences of alcohol use
- Strategies for responding to encouragement or pressure to drink



Years 5-6

Students investigate a range of drugs, the laws around these drugs and the different ways they impact the body and brain. Schools have the opportunity to choose if they want Life Ed to include illegal drugs in this lesson, to align with their program.

- Investigating myths, facts and social norms
- Understanding what drugs are and how they are classified
- Strategies and skills to be safe
- Influences on decision making (peers, family, media, culture, financial and legal)



Years 5-6

Students investigate the importance of respectful relationships, including face to face and online connections. They explore how the physical and personal changes at this stage of life will impact their behaviour, emotions and relationships. They also learn to recognise, react and report disrespectful, unsafe and predatory behaviour online.

- Understanding how to respect ourselves and others
- Identifying characteristics of positive relationships
- Strategies to help maintain positive online and offline relationships
- How to recognise, react and report unwanted contact, bullying or predatory behaviours