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| *Australian Curriculum* Unit Plan: An active me |
|  | Learning Area: HPE | Year Level: Year 3 and 4 |
| Consult the curriculum | Relevant Aspects of the Achievement Standard:* Students interpret health messages and discuss the influences on healthy and safe choices.
* Students use decision making and problem solving skills to select and demonstrate strategies that help them stay safe, healthy and active.
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| Relevant Content Descriptors:* Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)
* Discuss and interpret health information and messages in the media and on the Internet (ACPPS039)
* Examine the benefits of physical activity and physical fitness to wellbeing (ACPMP046)
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| Focus area/s: * Health benefits of physical activity
* Lifelong physical activities
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| Plan for learning | Learning Goals:**Know:** * physical activity and sedentary behaviour recommendations

**Understand:** * strategies for reducing sitting / sedentary time and increasing physical activity levels

**Do:*** create physical activities that they can play with friends in the playground or at home.
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| Evidence of learning: *What will students do, say or produce that indicate they have learnt what you intended?** identify the recommended times for daily physical activity and daily sitting/sedentary behaviour
* propose ways to increase their level of activity at school and at home
* describe the positive feelings associated with participation in physical activities
* design a new active game that can be played in the playground or at home with friends
* teach the class their game and explain how their game increases physical activity and improves health.
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| Describe key learning experiences |  Learning Sequence* Explore the Physical Activity recommendations for children and young people
* Participate in a range of moderate to vigorous physical activities in order to identify the effects of physical activity on the body
* Explore the positive feelings associated with participation in physical activity
* Explain the link between being active and being healthy and well
* Discuss a range of strategies to increase the amount of activity in daily life
* Participate in a range of active games as lesson breaks throughout the school week
* Group work: Design a game to increase levels of physical activity at lunchtime or after school.
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| Reflect on the unit  | Reflection |