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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. | |
| 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) | |
| Focus area/s:   * Health benefits of physical activity * Lifelong physical activities | |
| 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. | |
| 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. | |
| 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. | |
| Reflect on the unit | Reflection | |