

Craigburn Primary School Specialist R-5 Health Lessons 2016

Information for Parents

Throughout 2016, the Health component of the broader Health & PE Curriculum for R-5 classes at Craigburn will be delivered by Geoff James (40 min weekly lesson on Monday or Wednesday) with classroom teachers providing supplementary lessons or integrated themes where appropriate.

The Health curriculum component is described as **Personal, Social and Community Health** in 3 sub-strands:

Being healthy, safe and active

Communicating and interacting for health and wellbeing

Contributing to healthy and active communities

In **Reception – Year 2** lessons aim to provide opportunities for children to develop knowledge, understanding and skills needed to lead healthy, safe and active lives; including making strong choices and taking simple actions to keep healthy and safe.

In **Year 3 and 4** students begin to explore personal and social factors that support and contribute to their identities and emotional responses in varying situations. This includes exploring strategies to build and maintain respectful relationships, making health-enhancing and safe decisions, and interpreting health messages to take action to enhance one's own health and wellbeing.

In **Year 5** lessons build upon knowledge, understanding and skills for students to create opportunities and take action to enhance their own and others' health, wellbeing and safety as part of a two year learning band concluding at the completion of year 6.

In addition, Year 5 students contribute to building a positive school environment that supports healthy, safe and active choices for everyone. Students also explore a range of factors and behaviours that can influence health, safety and wellbeing.

Central learning themes for R-5 classes will include;

- *safety*
- *food and nutrition*
- *health benefits of physical activity*
- *mental health and wellbeing*
- *positive relationships*

Assessment and reporting will be conducted in collaboration with and class teachers.

Should you require further information about the specialist R-5 Health component at Craigburn Primary School please feel free to contact Geoff via email at Geoff.James871@schools.sa.edu.au

Geoff James
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Craigburn Primary School