

Australian Curriculum Health

Personal, social and community health



SAMPLE
BOOKLET



Australian Curriculum Health

Personal, social and community health

KEY INFO:

- ★ Maps to the Australian Curriculum Version 9.0
- ★ Includes digital term and year planners
- ★ Provides resources to support the teaching of new sensitive subjects

Help your students become healthy, safe, active and informed citizens with R.I.C. Publications' newly revised *Australian Curriculum Health* series. Through a range of engaging, strengths-based lessons, students will gain the skills and understanding needed to take positive action in our rapidly changing world.

Features:

- updated content and a range of engaging new lessons that address gender roles, stereotypes, permission and consent
- scope and sequence charts for the Australian Curriculum, Version 9.0 Health content descriptions and focus areas
- access to digital scope and sequence charts for the Australian Curriculum (Versions 8.4 and 9.0), NESA health syllabus, Victorian and Western Australian curricula
- easy-to-follow lessons and flexible unit structure, organised by Health sub-strands (Identities and change, Interacting with others, and Making healthy and safe choices)
- assessment indicators for each lesson to help monitor students' understanding and progress
- additional activity suggestions to extend or develop concepts taught in each lesson
- ponder points to help teachers adjust lessons to fit the different needs of their students
- a teacher guide to support the delivery of lessons about relationships and sexuality, including a send-home information letter for students' caregivers.



	Price
<i>Australian Curriculum Health</i> (Foundation)	\$42.95
<i>Australian Curriculum Health</i> (Year 1)	\$42.95
<i>Australian Curriculum Health</i> (Year 2)	\$42.95
<i>Australian Curriculum Health</i> (Year 3)	\$42.95
<i>Australian Curriculum Health</i> (Year 4)	\$42.95
<i>Australian Curriculum Health</i> (Year 5)	\$42.95
<i>Australian Curriculum Health</i> (Year 6)	\$42.95

Prices correct as of January 2023.

*We learned about
digital security today!*

*I know to
care for
others and
for myself.*

*I really
enjoyed the
lesson about
First Nations
Australians.*







Feelings – 3

Interacting with others

Read the facial clues.

Draw a line to match each feeling to a picture.

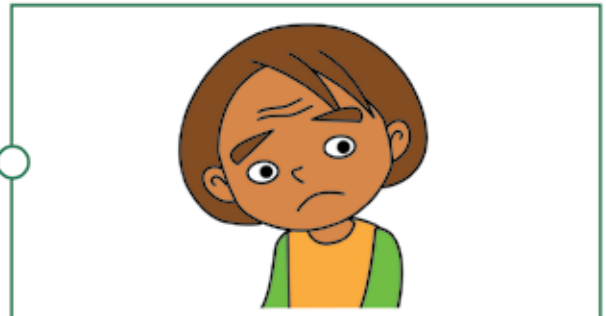
1. When I'm **sad**, I cry. My mouth turns down.



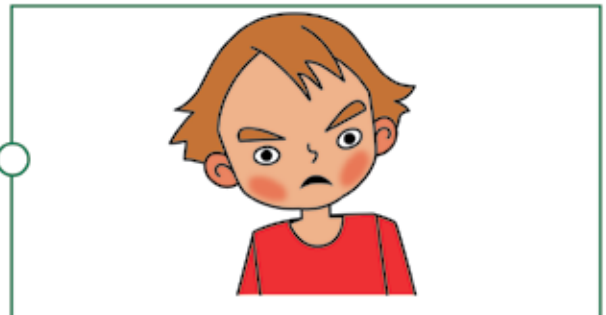
2. When I'm **scared**, my legs wobble. My hands shake. My heart races.



3. When I'm **angry**, my face screws up. My face and ears get hot.



4. When I'm **happy**, my mouth goes up. My eyes shine.



5. When I'm **worried**, my forehead wrinkles. My mouth screws up.





Trusted adults – 2

Making healthy and safe choices

1. Read the words with your teacher.

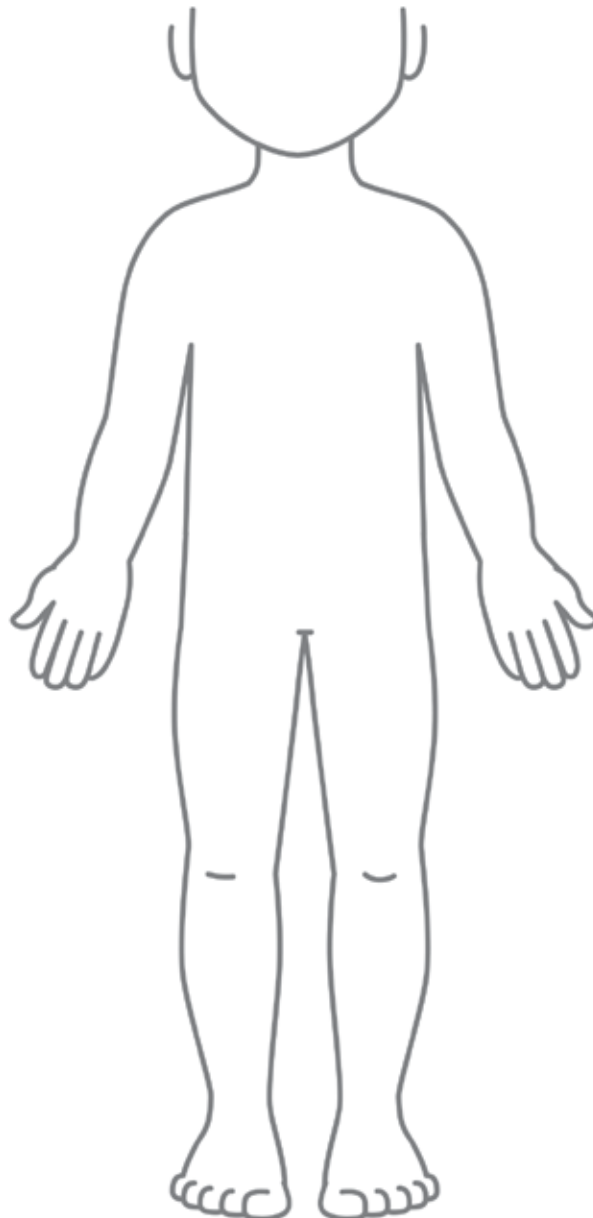
Your body belongs to you.

The parts of the body covered by a swimsuit are called your private parts.

Do not let anyone touch your private parts.

Do not touch anyone else's private parts.

2. Draw and colour a swimsuit to cover your private parts.





Health and wellbeing in the classroom – 3

Making healthy and safe choices

1. Tick things we do, or could do, in the classroom.



Keep scrap paper for drawing and craft work.

☐

Place fruit and vegetable scraps in the compost bin.

☐

Have a 'no packaging' day.

☐

Turn off the lights when they are not being used.

☐

Use old boxes, plastic and cardboard for craft work.

☐

Bring in old clothes and toys for a charity.

☐

Bring in old books for the class library.

☐

Turn taps off properly after using them.

☐

Use old newspapers under paper when painting.

☐

Use old ice cream carton lids for painting palettes.

☐

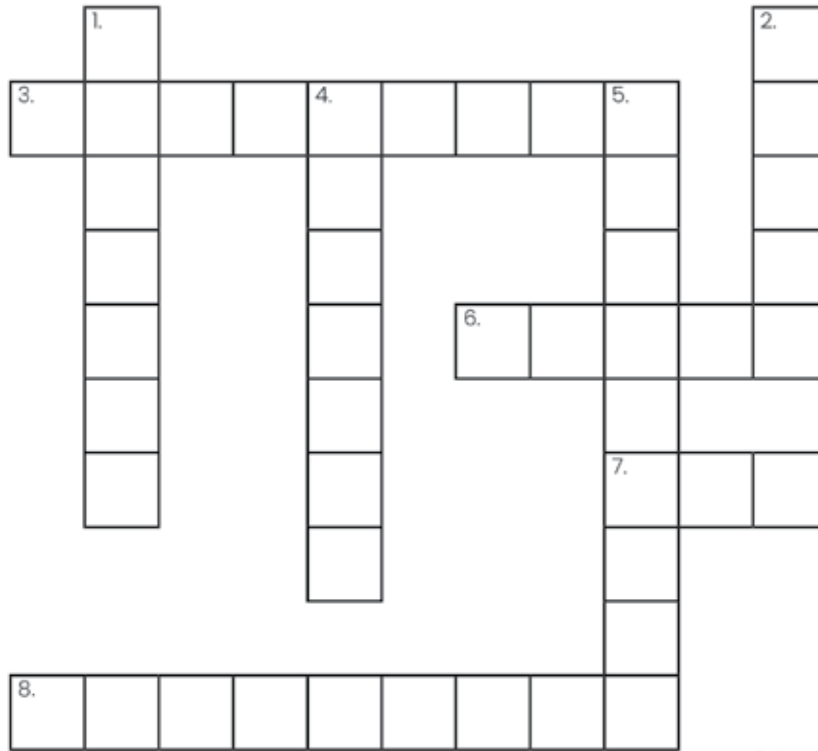
2. Write two other things you can think of.



Emotions – 3

Interacting with others

Use the clues to place an emotion word from the box into the crossword.



Across

- 3. Synonym for satisfied, pleased and fulfilled.
- 6. Synonym for frustrated, annoyed and mad.
- 7. Synonym for depressed, miserable and upset.
- 8. Synonym for astonished, amazed and shocked.

Down

- 1. Synonym for scared, anxious and concerned.
- 2. Synonym for joyful, delighted and cheery.
- 4. Synonym for thrilled, exhilarated and eager.
- 5. Synonym for sickened, horrified and outraged.



surprised
happy

angry
disgusted

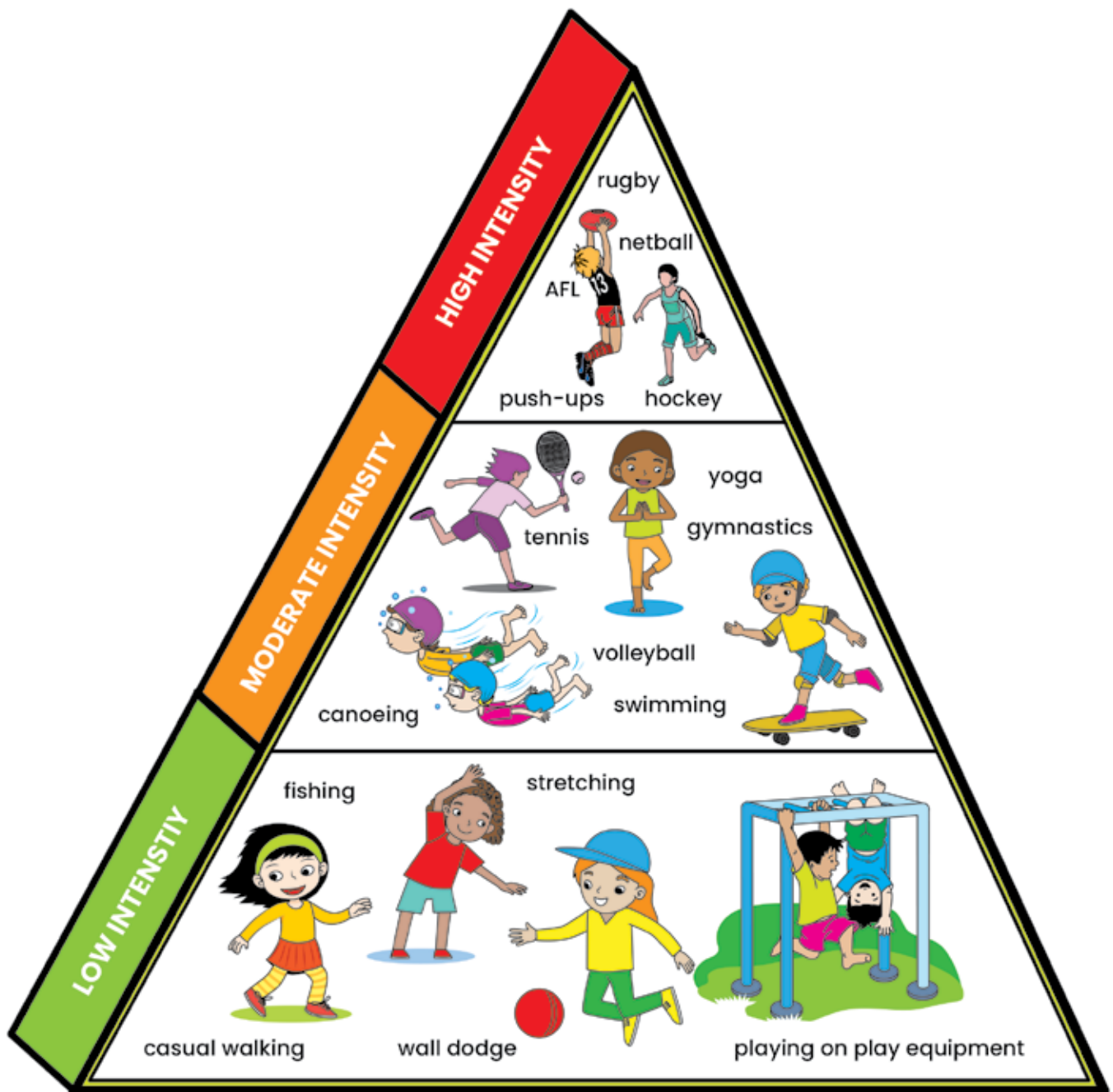
excited
sad

contented
worried



Get moving! – 2

Making healthy and safe choices



What physical activities do you enjoy doing?



Physical changes – 2

Identities and change

Physical changes to your body include growing taller, becoming stronger and getting adult teeth. Some people don't like some physical changes, while others don't mind them. We have no control over most physical changes.

Complete the table to tell how you have changed physically from when you were younger. Explain how you feel about each change. Add a physical condition of your choice.



	How has it changed?	How do you feel about the change?
My height		
My facial appearance		
My hair (colour, thickness, length, style)		
My teeth		



Safe bystander behaviour decision-making model

What is the bullying behaviour
and what can I do to help?

What are my choices?

Positive things that might happen

Negative things that might happen

Positive things that might happen

Negative things that might happen

Positive things that might happen

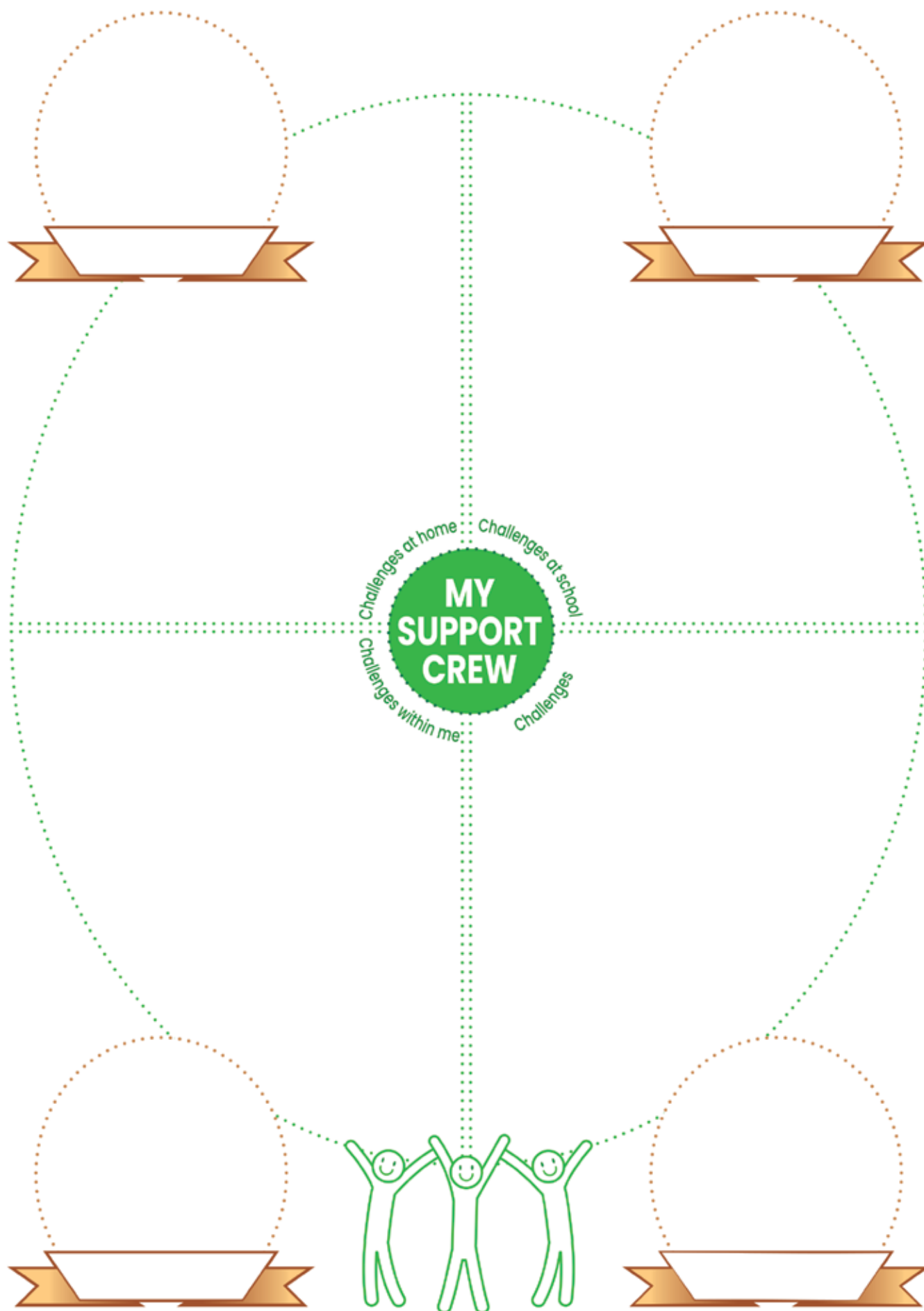
Negative things that might happen

What is my final decision? What am I going to do?



We all need support – 3

Identities and change





Diversity, the spice of life – 1

Interacting with others

Diversity shows itself in many shapes, sizes and colours. Think about the biodiversity of a rainforest; isn't it amazing? Why then do we find it so hard to accept diversity among humans?

Discover the diversity between you and a partner as you complete the table.



	Similarities	Differences
Foods we eat		Me
		My partner
Clothes we wear		Me
		My partner
Hobbies we enjoy		Me
		My partner
Ways we relax		Me
		My partner
Books we read		Me
		My partner
Pets we (want to) have		Me
		My partner

Mark a point on the scale to show the diversity between you and your partner.

not very diverse

quite diverse

very diverse



Water and road safety – 1

Making healthy and safe choices

1. (a) Write four ways that you can stay safe when swimming at the beach.

- (b) Draw two beach safety flags and explain what they mean.

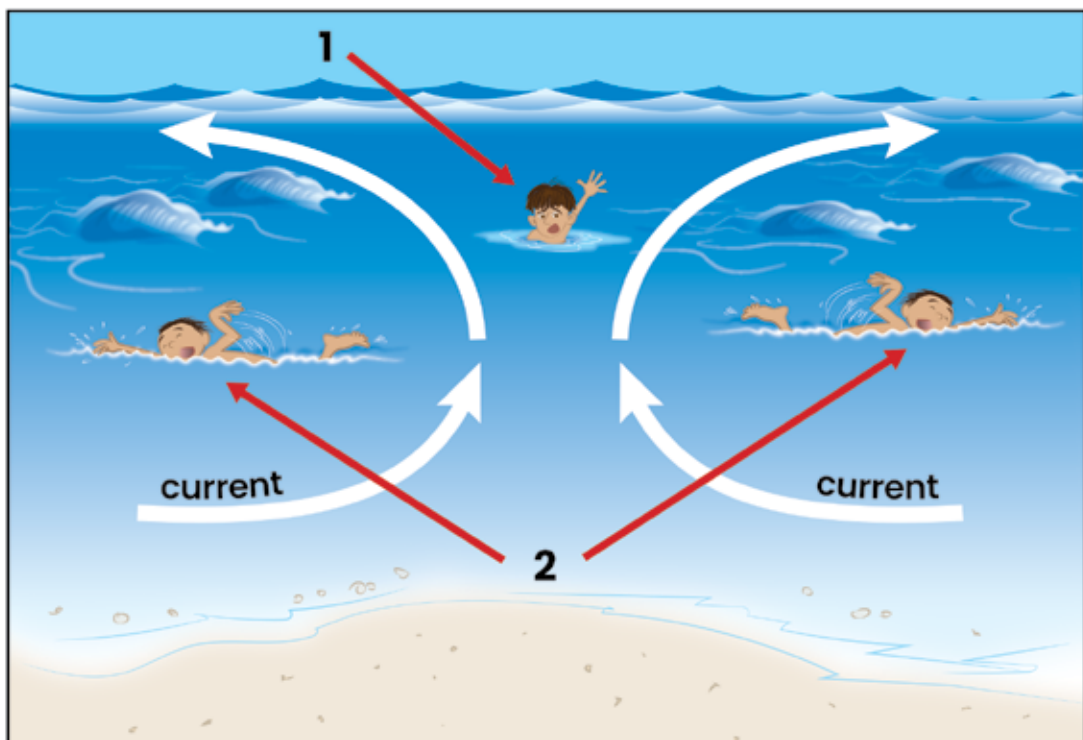
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2. (a) Define a rip current.

- (b) Label the diagram below that shows two strategies to survive a rip current.

(i)

(ii)





Emotional responses – 1

Interacting with others

Little things that I used to shrug off make me so irritated! I don't know why I get so angry all the time!



I feel so sad lately. Yesterday, my dad told me that I got a question wrong on my homework and I burst into tears!



This morning, the boy I really like was talking to the new girl in my class. I was so jealous. I don't want to talk to either of them ever again!



I'm so tired! Even though I go to bed early, I wake up feeling like I've been gaming all night. It's hard to concentrate in class.



I feel like no-one understands me. My parents say I'm always moody, but they have no idea what I'm going through!



I yelled at my sister this morning because she laughed at my clothes. I worry all the time about what people think of me, and she made me feel really embarrassed.



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Year	Book code	Book ISBN	ebook code	ebook ISBN	Pagination
Foundation	8548	978-1-922843-76-0	3456	978-1-922843-83-8	111-127
Year 1	8549	978-1-922843-77-7	3457	978-1-922843-84-5	107-123
Year 2	8550	978-1-922843-78-4	3458	978-1-922843-85-2	107-123
Year 3	8551	978-1-922843-79-1	3459	978-1-922843-86-9	115-131
Year 4	8552	978-1-922843-80-7	3460	978-1-922843-87-6	115-131
Year 5	8553	978-1-922843-81-4	3461	978-1-922843-88-3	111-127
Year 6	8554	978-1-922843-82-1	3462	978-1-922843-89-0	119-135

Books and ebooks
\$42.95 each



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