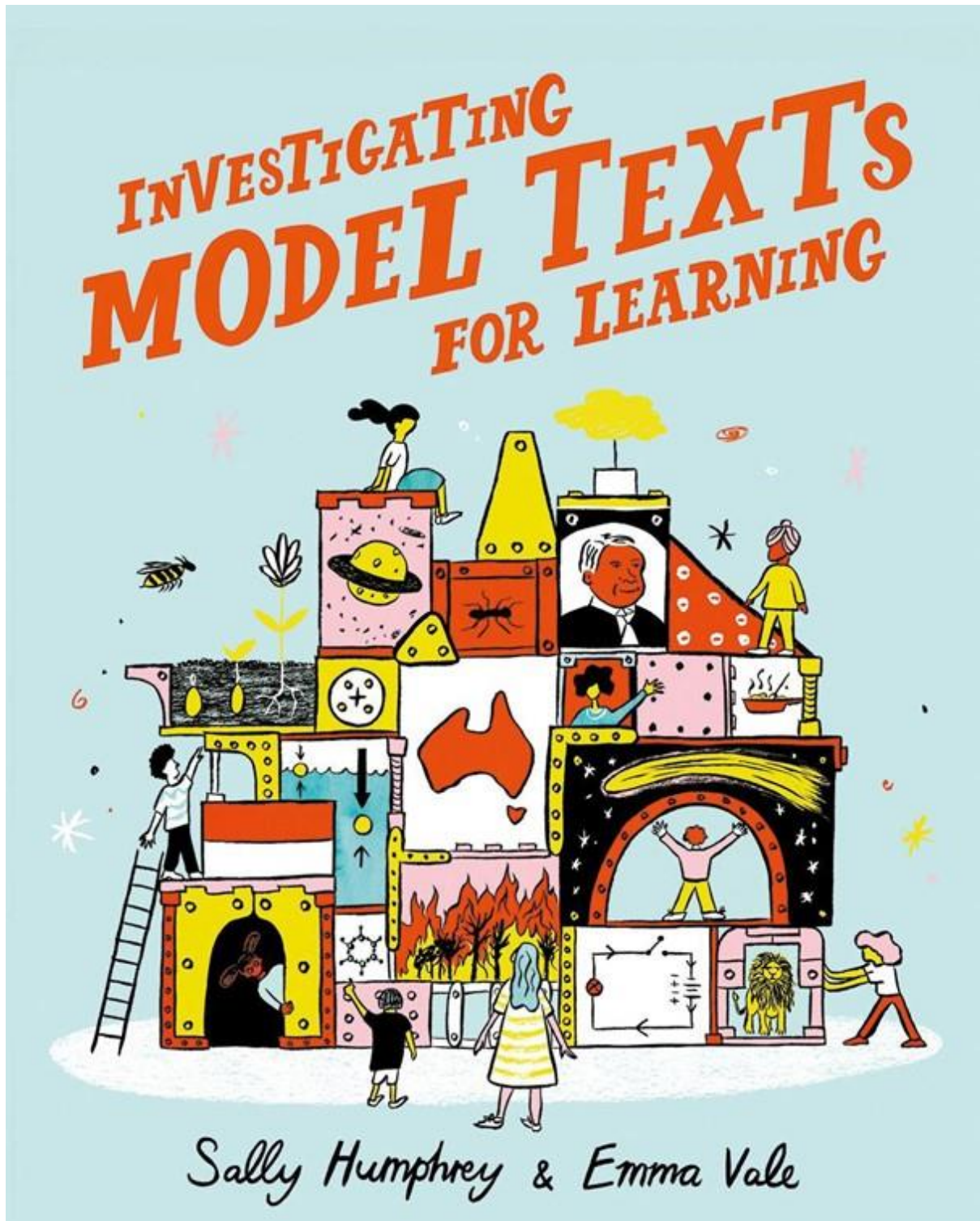


Supplementary Material: Health and Physical Education (HPE) Model Texts



Foundation: Protocol *How to stay safe at the playground*

Links to English Curriculum: AC9EFLA03, AC9EFLA05, AC9EFLY05

Links to HPE Curriculum: AC9HPFP05, AC9HPFP06

Task Prompt: Write a set of instructions for how to stay safe in one place.

How to stay safe at the playground

How to stay safe at the playground

1. Go with an adult
2. If you think it might be dangerous, *stop, look, listen, think*
3. If you get stuck on the climbing bars, ask for help before you fall
4. If a stranger tries to talk to you, move away
5. Don't ever go with a stranger
6. If there is trouble, tell an adult

Foundation: Descriptive report *Body movement*

Links to English Curriculum: AC9EFLA02, AC9EFLA05, AC9EFLY06

Links to HPE Curriculum: experiment with different ways of moving their body safely and manipulating objects and space AC9HPFM02

Task prompt: What actions can we do with our bodies?

Body movement

I can do lots of things with my body.

I can roll down a hill.

(and) I can balance on a log.

I can slide down the slippery dip.

I can jog and run and leap in the playground.

I can skip with my skipping rope, and I can skip across the yard by myself.

I am learning how to float in the swimming pool with my floaties.

I can bounce the ball, throw the ball to my friend, catch it and kick it.

I can do lots of things with my body.

Year 1/2: Descriptive report *My friend Amira*

Links to English Curriculum: AC9EFLA02, AC9EFLA05, AC9EFLY06

Links to HPE Curriculum: AC9HP2P02

Task Prompt: Describe the qualities of one of your friends so that someone else would like to be their friend.

My friend Amira

My friend Amira has many good qualities.

Appearance

Amira has a lovely smile and white teeth. Her hair is black with plaits.

Physical qualities

Amira is really good at running and climbing on the monkey bars. She can skip to 100 with the skipping rope. She knows how to do hand-clapping games and she is in the choir.

Social qualities

Amira is a good friend and she is very kind and helpful. She is always happy to see me. When I'm sad, she gives me a hug. If people tease me, she sticks up for me. She is friends with everyone.

Year 2: Explanation (factorial) *Our emotions when we are playing games*

Links to English Curriculum: AC9E2LA02, AC9E2LA06, AC9E2LA07, AC9E2LY06

Links to HPE Curriculum: AC9HP2P02, AC9HP2P03

Task Prompt: Explain how we feel when we are playing games with our family and friends.

Our emotions when we are playing games

Explanation

What emotions do we feel when we are playing games?

When we are playing games with our friends, we sometimes feel excited because we think we might win. Sometimes we feel jealous because someone else is winning. If we think someone is cheating, we can be annoyed or angry.

How do others feel when they are playing games?

Our friends feel the same as we do. They might feel upset when they lose, and some people get annoyed if they don't get their own way all the time. Some people feel embarrassed because they are not very good at the game and they feel like they've let their team down.

When we have a problem, how do we get help?

If we are playing games outside, and someone is the umpire, the umpire can help to solve the problem. If we are playing a board game, we can call on our parents if we need help. Sometimes though, we just have to sort it out ourselves, and not take the game too seriously. We just have to remember that it's only a game.

How are we kind to others?

If we want to stay friends, we have to be kind to the other players. We can give them chances at the beginning and explain the rules of the game. We can remember not to cheer too much when we get ahead. We must not tease or laugh at them if they make mistakes, and if they fall over, or we can see they are upset, then we look after them.

Years 1/2: Protocol *How to solve a problem during gameplay*

Links to English Curriculum: AC9E2LA03, AC9E2LA06, AC9E2LA07, AC9E2LY06

Links to HPE Curriculum: AC9HP2P05

Task Prompt: Give advice on what do when you have a problem while playing a game.

How to solve a problem during gameplay

When we have a problem, how do we get help?

If we are playing games outside, and someone is the umpire, the umpire can help to solve the problem.

If we are playing a board game, we can call on our parents if we need help.

Sometimes though, we just have to sort it out ourselves, and not take the game too seriously. We just have to remember that it's only a game..

Years 3/4: Exposition *Favourite playground*

Links to English Curriculum: AC9E3LA03, AC9E4LA03, AC9E4LA08, AC9E3LY06

Links to HPE Curriculum: AC9HP2P02

Task Prompt: Choose one local playground and convince someone to visit.

Favourite playground

The River Torrens Linear Park is the best place to visit. There are so many things to do and so many physical challenges to keep us active and fit.

Firstly, there is lots of climbing. There are plenty of trees to climb along the river. Their branches are easy to access. Climbers can sit in the tree and watch the passers-by without being noticed.

The walking and biking trail continues the whole length of the park. It is possible to ride the full length, or to do a small circuit, crossing the river on one of the pedestrian bridges for the return trip. Drinking fountains and maps have been installed along the trail, and dogs are allowed on a leash. There are many wetlands and a billabong next to the river, so that walkers can see bird life and other animals.

Finally, people who want to keep fit can exercise along the river. Lots of old people come to do sit ups or use the rowing machine. Some places also have a table tennis table and basketball rings, as well as fenced playgrounds for little children.

The linear park is a safe place to visit because there are always plenty of people about to give a hand. People always say hello to each other because they feel happy and friendly when they are at the river.

Year 4: Protocol (with procedure) *How to play Bootball*

Links to English Curriculum: AC9E4LA03, AC9E4LA08, AC9E4LY01, AC9E4LY06

Links to HPE Curriculum: AC9HP4M08

Task Prompt: Invent a new game for our class and write the rules.

How to play Bootball

Aim:

To have fun, get lots of runs, and try to minimise the runs of the other team

Numbers of players:

Minimum of 12: 2 teams of 6. The fielding team has one fielder at each base, 2 inside the diamond, and the rest outside the diamond. There must be a reasonable number of boys and girls on each team so it's fair.

Equipment required:

A soccer ball

How to win:

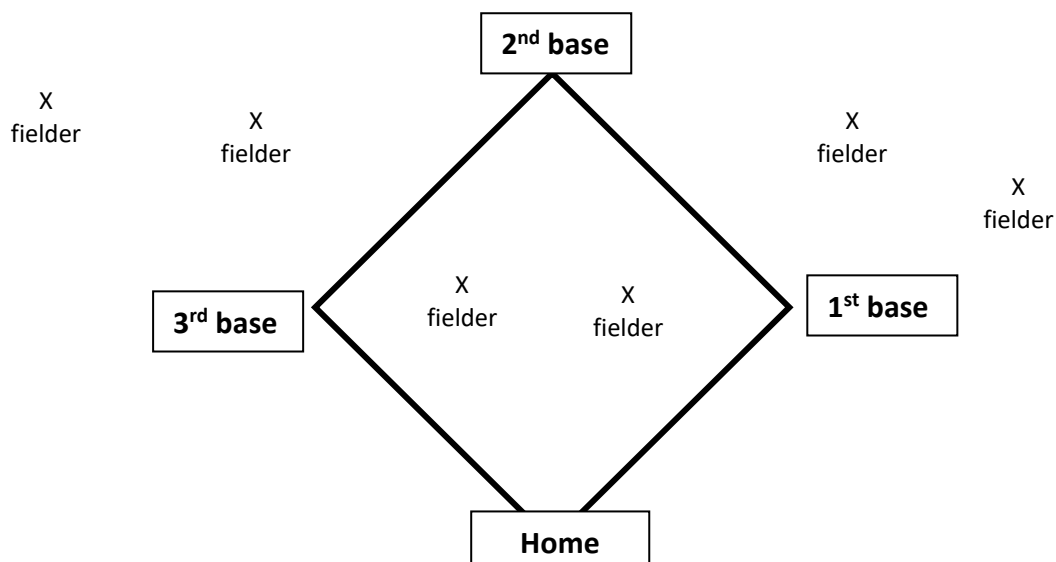
Kick the ball as far as possible. The kicking team gets one point for each home run

Rules of the game for the kicking team:

1. The kicking team has two choices.
 - a. Kick the ball as far as possible in the field, and get a home run OR
 - b. Kick the ball inside the diamond and run to the next base.
2. Run behind the base, not in front
3. Touch each base before running on

Rules of the game for the fielding team:

1. Catching is one hand, one bounce
2. Bodies are not allowed to be used for catching.



Year 6: Exposition (Analytical) *Home cooked meals or fast food*

Links to English Curriculum: AC9E6LA02, AC9E6LA05, AC9E6LA08, AC9E6LY03, AC9E6LY06

Links to HPE Curriculum: AC9HP6P10

Task Prompt: What is better for you? Home cooked meals or fast food?

Home cooked meals or fast food

Do you long for a tub of juicy, fried chicken with 25 herbs and spices? Or do you dream about your mother's aromatic home-cooked roast lamb with crispy potatoes and succulent peas? Whichever you prefer, evidence shows that fast food should be an occasional treat, not your daily meal.

The most important argument against take-away food is the high level of fat and the small amount of nutrient. Fast foods almost always contain cheap cuts of meat, full of fat. This fat is stored for a long time in your body. As my grandmother used to tell me, 'A minute on your lips, a life-time on your hips'. The bun or wrap is usually highly refined, and you would probably get as much nutrient from eating the wrapper. Your body needs vitamins and other nutrients, and the little bit of lettuce and pickle you find in a hamburger is just not enough!

Home cooked meals, on the other hand, give you much more control over the fat and nutrients that you allow into your body. You can choose how much fat you consume, and make sure that you eat vegetables to go with it.

Something else about fast food is that it is very expensive. If you want to save money, keep away from take-away. Instead, shop at the market, where you can buy lots of fresh fruit, vegetables good cuts of meat and healthy bread at very reasonable prices.

It is true that home-cooked meals take a bit more time, but there are lots of recipes on the internet for 30-minute meals. When you have made the meal yourself, you feel virtuous instead of guilty and you know it is doing you good.

Australia has too many obese people, and fast food is largely to blame. Cooking at home brings the family together and keeps our country healthy.

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Year 6: Analytical Exposition *The use and dangers of alcohol*

Links to English Curriculum: AC9E6LA02, AC9E6LA05, AC9E6LA08, AC9E6LY03, AC9E6LY06

Links to HPE Curriculum: AC9HP6P10

Task prompt: Write a pamphlet for your peers on the uses and dangers of alcohol.

The use and dangers of alcohol

Introduction

The overuse of alcohol can cause significant harm to adolescents.

Even though the Australian alcohol guidelines recommend that young people delay their first drink until they are 18 years old, more than 40% of 12-17 year-olds in Australia have had a full drink of alcohol before that age. In many social groups, binge drinking and being drunk proves that Saturday night has been successful, and young people seem to forget its harmful effects.

Short and long-term effects of alcohol abuse

In the short term, alcohol exposes young people to a greater risk of injury and harm, and doing things they may later regret.

Because of their developing brains, adolescents are more likely to take risks than adults. For this reason, alcohol contributes to the 3 major causes of teen death: injury, homicide & suicide.

The long-term effects are also very concerning. Alcohol (and other drugs) can damage the developing brain. This affects memory, learning and problem solving. Overuse of alcohol can also cause mental health problems. These effects are irreversible, so binge drinking as a teenager kills braincells that can never be regrown, and impact on life chances.

Alcohol and the law

Throughout Australia, it's illegal for staff of licensed premises to serve alcohol to minors. It is also illegal for adults to purchase alcohol on behalf of minors on licensed premises, or to give alcohol to anyone under the age of 18 on private property, even in homes, without the young person's parent or legal guardian agreeing first. This includes parties. Anyone, whether an adult or underage, who supplies alcohol to someone under 18 can be charged. More than half underage drinkers get their alcohol from friends. Drink spiking is often done by friends for a laugh, but it carries a really high risk, and there are serious penalties for this.

How to say no

It can be very embarrassing for young people to reduce alcohol consumption when everyone around them is drunk and having a good time. If you are given a drink, you can just hold it, pretend to drink it, and tip out a bit every few minutes behind a bush. You can hold a can of Coke in your hand and just say that it has been charged with Vodka. You can say you

have to play an important game the next day, or that you are on antibiotics, or that your Dad will smell it on your breath when he picks you up.

You may be able to avoid difficult situations if you do different things with your friends, like go shopping, or camping, or a sleepover. We can make healthy choices for ourselves, instead of giving in to peer pressure.

References

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