

Curriculum Area	Strand/Element		Lesson Number																									
		<u>1.1</u> 1.2	2.1 2.2	<u>3.1</u> 3.2	<u>4.1</u> <u>4.2</u>	<u>5.1</u> 5.2	<u>6.1</u> 6.2	<u>7.1</u> 7.2	<u>8.1</u> 8.2	<u>9.1</u> 9.2	<u>10.1</u> 10.2	<u>11.1</u> 11.2	<u>12.1</u> 12.2	<u>13.1</u> 13.2	<u>14.1</u> 14.2	<u>15.1</u> 15.2	<u>16.1</u> 16.2	<u>17.1</u> 17.2	<u>18.1</u> <u>18.2</u>	<u>19.1</u> 19.2	<u>20.1</u> 20.2	<u>21.1</u> 21.2	<u>22.1</u> 22.2	<u>23.1</u> 23.2	<u>24.1</u> 24.2	<u>25.1</u> 25.2	INQ 1	<u>INQ</u> 2
Personal & Social Capabilities	Self-Awareness and Self-Management																											
	Social Awareness and Social Management																											
Aboriginal & Torres Strait Islander Histories & Cultures	Geography																											
	History																											
	Civics and Citizenship																											
Health & Physical Education	Personal, Social & Community Health																											



Lesson #	<ul> <li>1.1 and 1.2</li></ul>	<ul> <li>2.1 and 2.2</li></ul>	<ul> <li>3.1 and 3.2</li> <li>"Understanding empathy" and "Empathy busters"</li> <li>Empathy</li> <li>Students will discover what it means to show empathy</li> <li>Students will explore how to respond to people with empathy.</li> </ul>			
Title	"Famous failures" and "Resilience"	"Strength" and "Appreciation for others"				
Theme	Emotional Literacy <li>Students will understand the concept of</li>	Gratitude <li>Students will recognise the people around</li>				
Learning	resilience. <li>Students will learn ways in which they</li>	them who provide great support. <li>Students will be recognised and appreciated</li>				
Intention	can apply this concept to their own life.	within the class.				
Activities	Lesson 1.1: Activity 1: Famous Failures Activity 2: Being resilient Lesson 1.2 Activity 1: Rock, paper, scissors Activity 2: How Does it feel to lose?	Lesson 2.1: Activity 1: Circles of strength Lesson 2.2: Activity 1: Snowball fight	Lesson 3.1: Activity 1: Empathy definition Lesson 3.2: Activity 2: Feelings upon reflection Lesson 3.2: Activity 3: Empathy busters			
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY			
	Self-Awareness and Self-Management	Social Awareness and Social Management	Social Awareness and Social Management			
VIC. Curriculum	Recognition and expression of emotionsDescribe how and why emotional responsesmay change in different contexts(VCPSCSE034)Development of resilienceAssess personal strengths using feedbackfrom peers, teachers and others andprioritise areas for improvement(VCPSCSE035)Reflect on their effectiveness in workingindependently by identifying enablers andbarriers to achieving goals (VCPSCSE037)ABORIGINAL AND TORRES STRAITISLANDER HISTORIES AND CULTURES	Relationships and diversity Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)	<ul> <li>Relationships and diversity</li> <li>Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)</li> <li>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing</li> <li>Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)</li> </ul>			



Geography The spiritual, economic, cultural and aesthetic value of water for people, including	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
Aboriginal and Torres Strait Islander peoples and peoples of the Asia region, that influence	Contributing to healthy and active communities
the significance of places (VCGGK109) Spiritual, cultural and aesthetic value of landscapes and landforms for people, including Aboriginal and Torres Strait Islander peoples, that influence the significance of places, and ways of protecting significant landscapes (VCGGK120)	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)
History The importance of conserving the remains of the ancient past, including the heritage,	
culture and artefacts of Aboriginal and Torres Strait Islander peoples (VCHHK108) The significant beliefs, values and practices	
of Aboriginal and Torres Strait Islander peoples and cultures (VCHHK106) How physical or geographical features	
influenced the development of Aboriginal and Torres Strait Islander peoples' communities, foundational stories and land	
management practices (VCHHK105) The nature of sources of evidence about ancient Australia and what they reveal about	
Australia's ancient past, such as the use of resources (VCHHK107) Civics and Citizenship	
Examine how national identity can shape a sense of belonging and examine different perspectives about Australia's national	



identity, including Aboriginal and Torres Strait Islander peoples' perspectives (VCCCC027)	
Describe the process of constitutional change through a referendum (VCCCG021)	
Explain how groups express their identities, including religious and cultural identity, and how this expression can influence their perceptions of others and others' perception of them (VCCCC026)	



4.1 and 4.2 "Introduction to mindfulness" and "Practicing mindfulness" Mindfulness	5.1 and 5.2 "Identifying emotions" and "Articulating emotions" Emotional Literacy	6.1 and 6.2 "Recognising emotions" and "Emotional literacy" Emotional Literacy
<ul> <li>Students will be introduced the concept of mindfulness.</li> <li>Students will experience a time of flow and mindfulness.</li> </ul>	<ul> <li>Students will identify emotions.</li> <li>Students will identify a time when they have felt these emotions.</li> </ul>	<ul> <li>Students will recognise, identify and label emotion through a variety of forms.</li> <li>Students will explain where different emotions are felt, what thoughts they have with these emotions and how these emotions make them feel.</li> </ul>
Lesson 4.1: Activity 1: Check in and Student Journal activity Activity 2: The raisin exercise Lesson 4.2: Activity 1: Flow video Activity 2: Experiencing flow	Lesson 5.1: Activity 1: Labelling emotions Lesson 5.2: Activity 1: When have I felt Activity 2: What makes you feel	Lesson 6.1: Activity 1: Guess that emotion Activity 2: What are they feeling? Lesson 6.2: Activity 1: Feel, think, act Activity 2: Share
PERSONAL AND SOCIAL CAPABILITYSelf-awareness and ManagementDevelopment of resilienceReflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)	PERSONAL AND SOCIAL CAPABILITYSelf-Awareness and Self-ManagementRecognition and expression of emotionsDescribe how and why emotional responses may change in different contexts (VCPSCSE034)Development of resilience	PERSONAL AND SOCIAL CAPABILITY Self-awareness and Management Recognition and expression of emotions Describe how and why emotional responses may change in different contexts (VCPSCSE034)
ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal and Torres Strait Islander peoples and peoples of the Asia region, that influence the	Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037) Social Awareness and Social Management Relationships and diversity Explore their personal values and beliefs and	Development of resilience Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037) HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health HEALTH AND PHYSICAL EDUCATION
	<ul> <li>"Introduction to mindfulness" and "Practicing mindfulness" Mindfulness</li> <li>Students will be introduced the concept of mindfulness.</li> <li>Students will experience a time of flow and mindfulness.</li> <li>Lesson 4.1: Activity 1: Check in and Student Journal activity</li> <li>Activity 2: The raisin exercise Lesson 4.2: Activity 1: Flow video Activity 2: Experiencing flow</li> <li>PERSONAL AND SOCIAL CAPABILITY Self-awareness and Management Development of resilience</li> <li>Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)</li> <li>ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography</li> <li>The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal and Torres Strait Islander peoples and</li> </ul>	"Introduction to mindfulness" and "Practicing mindfulness"       "Identifying emotions" and "Articulating emotions"         Mindfulness       Students will be introduced the concept of mindfulness.       • Students will identify emotions.         • Students will experience a time of flow and mindfulness.       • Students will identify emotions.         • Students will experience a time of flow and mindfulness.       • Students will identify emotions.         Lesson 4.1:       Lesson 5.1:         Activity 1: Check in and Student Journal activity       Lesson 5.1:         Activity 2: The raisin exercise Lesson 4.2:       Lesson 5.2:         Activity 1: Flow video       Activity 2: What makes you feel         Activity 2: Experiencing flow       PERSONAL AND SOCIAL CAPABILITY Self-awareness and Management         Development of resilience       Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)         ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography       PERSONAL AND SOCIAL CAPABILITY Self-awareness and Social Management         Relect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)       Bescribe how and why emotional responses may change in different contexts (VCPSCSE037)         Social Awareness and Social Management value of water for people, including Aboriginal and Torres Strait Islander peoples and peoples of the Asia region, that influence the       Social Awareness and Social Manage



Spiritual, cultural and a		different or similar to those of others	Contributing to healthy and active
landscapes and landfor	• • •	(VCPSCSO038)	communities
including Aboriginal and			Examine the benefits to individuals and
peoples, that influence	-	HEALTH AND PHYSICAL EDUCATION	communities of valuing diversity and promoting
places, and ways of pro		Personal, Social and Community Health	inclusivity (VCHPEP132)
landscapes (VCGGK120	<u>0)</u>	HEALTH AND PHYSICAL EDUCATION	
History		Personal, Social and Community Health	
The importance of cons	serving the remains of	Communicating and interacting for health and	
the ancient past, includ	ing the heritage,	wellbeing	
culture and artefacts of	Aboriginal and Torres	Analyse factors that influence emotions, and	
Strait Islander peoples	(VCHHK108)	develop strategies to demonstrate empathy and	
The significant beliefs, v	values and practices of	sensitivity (VCHPEP128)	
Aboriginal and Torres S	trait Islander peoples		
and cultures (VCHHK10	<u>)6)</u>		
How physical or geogra	aphical features		
influenced the developr	ment of Aboriginal and		
Torres Strait Islander pe	eoples' communities,		
foundational stories and	d land management		
practices (VCHHK105)			
The nature of sources o	of evidence about		
ancient Australia and w	hat they reveal about		
Australia's ancient past	, such as the use of		
resources (VCHHK107)			
<b>Civics and Citizenship</b>	2		
Examine how national in	dentity can shape a		
sense of belonging and	examine different		
perspectives about Aus	stralia's national		
identity, including Abori	iginal and Torres Strait		
Islander peoples' persp	ectives (VCCCC027)		
Describe the process of	f constitutional change		
through a referendum 🗘	<u>/CCCG021)</u>		
Explain how groups exp			
including religious and o	-		
how this expression car	n influence their		



perceptions of others and others' perception of them (VCCCC026)
HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active
Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)
Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)



Lesson # Title Theme	7.1 and 7.2 "Gratitude and values" and "What is important to you?" Gratitude	8.1 and 8.2 "The world in perspective" and "Privilege" Gratitude	9.1 and 9.2 "Understanding perspective" and "Different perspectives" Empathy
Learning Intention	<ul> <li>Students will consider what is most important to them and create a sense of gratitude for the things they have.</li> <li>Students will consider what is most important to them and understand what influences these decisions.</li> </ul>	<ul> <li>Students will develop gratitude and appreciation for things in their life that they may take for granted.</li> <li>Students will reflect upon what type of privileges are important to them and appreciate the privileges they may have taken for granted.</li> </ul>	<ul> <li>Students will describe different perspectives and how these perspectives impact an individual's point of view.</li> <li>Students will develop empathy by looking at a situation from different perspectives.</li> </ul>
Activities	Lesson 7.1: Activity 1: Values continuum Activity 2: Values continuum debrief Lesson 7.2: Activity 1: What's important to you? Activity 2: Influences on value	Lesson 8.1: Activity 1: Miniature world Activity 2: Introducing privilege Lesson 8.2: Activity 1: Privilege walk	Lesson 9.1: Activity 1: Where do perspectives come from? Activity 2: Reflections on perspective Lesson 9.2: Activity 1: Looking from a different perspective.
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Social Awareness and Social Management	Social Awareness and Social Management	Social Awareness and Social Management
	Relationships and diversity	Relationships and diversity	Relationships and diversity
VIC	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCS0038)	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)
VIC. Curriculum	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES <u>History</u> The importance of conserving the remains of the ancient past, including the heritage, culture and artefacts of Aboriginal and Torres Strait Islander peoples (VCHHK108)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Contributing to healthy and active communities Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal and Torres Strait Islander peoples and peoples of the Asia region, that influence the significance of places (VCGGK109)



	e significant beliefs, values and practices of	Spiritual, cultural and aesthetic value of
	original and Torres Strait Islander peoples	landscapes and landforms for people, including
and	d cultures ( <u>VCHHK106</u> )	Aboriginal and Torres Strait Islander peoples,
Hov	w physical or geographical features	that influence the significance of places, and
influ	uenced the development of Aboriginal and	ways of protecting significant landscapes
	res Strait Islander peoples' communities,	(VCGGK120)
	ndational stories and land management	History
pra	ctices <u>(VCHHK105)</u>	The importance of conserving the remains of
-	e nature of sources of evidence about	the ancient past, including the heritage, culture
	cient Australia and what they reveal about	and artefacts of Aboriginal and Torres Strait
	stralia's ancient past, such as the use of	Islander peoples (VCHHK108)
	ources <u>(VCHHK107)</u>	The significant beliefs, values and practices of
Civ	vics and Citizenship	Aboriginal and Torres Strait Islander peoples
Exa	amine how national identity can shape a	and cultures (VCHHK106)
	nse of belonging and examine different	How physical or geographical features
	spectives about Australia's national	influenced the development of Aboriginal and
	ntity, including Aboriginal and Torres Strait	Torres Strait Islander peoples' communities,
	inder peoples' perspectives (VCCCC027)	foundational stories and land management
	scribe the process of constitutional change	practices <u>(VCHHK105)</u>
thro	ough a referendum <u>(VCCCG021)</u>	The nature of sources of evidence about
	plain how groups express their identities,	ancient Australia and what they reveal about
	luding religious and cultural identity, and	Australia's ancient past, such as the use of
	w this expression can influence their	resources (VCHHK107)
	ceptions of others and others' perception	Civics and Citizenship
of t	hem (VCCCC026)	Examine how national identity can shape a
		sense of belonging and examine different
	ALTH AND PHYSICAL EDUCATION	perspectives about Australia's national identity,
Per	rsonal, Social and Community Health	including Aboriginal and Torres Strait Islander
Cor	ntributing to healthy and active	peoples' perspectives (VCCCC027)
cor	mmunities	Describe the process of constitutional change
Pla	n and use strategies and resources to	through a referendum (VCCCG021)
	nance the health, safety and wellbeing of	Explain how groups express their identities,
	ir communities (VCHPEP130)	including religious and cultural identity, and
		how this expression can influence their



		rceptions of others and others' perception of om (VCCCC026)
	Pers	ALTH AND PHYSICAL EDUCATION rsonal, Social and Community Health mmunicating and interacting for health d wellbeing
	exa	estigate the benefits of relationships and amine their impact on their own and others' alth and wellbeing (VCHPEP127)
	dev	alyse factors that influence emotions, and velop strategies to demonstrate empathy d sensitivity (VCHPEP128)
		ntributing to healthy and active mmunities
	com	amine the benefits to individuals and mmunities of valuing diversity and promoting lusivity (VCHPEP132)



	10.1 and 10.2	11.1 and 11.2	12.1 and 12.2
Lesson # Title Theme	"Exploring empathy through creative writing" and "Thinking, feeling, seeing empathy" Empathy	"Improving focus" and "Noticing detail" Mindfulness	"Partner balancing" and "Body presence"
Learning Intention	<ul> <li>Students will recognise emotion in others and empathise.</li> <li>Students will be observant and understanding of others.</li> </ul>	<ul> <li>Students will explore how mind and body are connected</li> <li>Students will investigate how exercise impacts mood</li> <li>Students will work collaboratively to create a health education campaign for their school community.</li> </ul>	<ul> <li>Students will work cooperatively together and be mindful and aware of one another in physical activities.</li> </ul>
Activities	Lesson 10.1: Activity 1: Walking in someone else's shoes Lesson 10.2: Activity 2: What are they feeling? Activity 2: Empathy Scenarios	Lesson 11.1: Activity 1: Check in and student journal activity Activity 2: What's missing? Lesson 11.2: Activity 1: What do you see?	Lesson 12.1: Activity 1: Balancing act Activity 2: Balancing act debrief Lesson 12.2: Activity 1: Body scan Activity 2: Body scan debrief
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Social Awareness and Social Management	Self-Awareness and Self-Management	Self-Awareness and Self-Management
	Relationships and diversity	Development of resilience	Recognition and expression of emotions
	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others	Reflect on their effectiveness in working independently by identifying enablers and	Describe how and why emotional responses may change in different contexts (VCPSCSE034)
VIC.	(VCPSCSO038)	barriers to achieving goals (VCPSCSE037)	Development of resilience
Curriculum	ABORIGINAL AND TORRES STRAIT	Social Awareness and Social Management Relationships and diversity	Reflect on their effectiveness in working independently by identifying enablers and
	ISLANDER HISTORIES AND CULTURES Geography	Explore their personal values and beliefs and analyse how these values and beliefs might be	barriers to achieving goals (VCPSCSE037)
	The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal	different or similar to those of others (VCPSCSO038)	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES
	and Torres Strait Islander peoples and peoples		History



of the Asia region, that influence the significance of places (VCGGK109) Spiritual, cultural and aesthetic value of landscapes and landforms for people, including Aboriginal and Torres Strait Islander peoples, that influence the significance of places, and ways of protecting significant landscapes (VCGGK120) <b>History</b> The importance of conserving the remains of the ancient past, including the heritage, culture and artefacts of Aboriginal and Torres Strait Islander peoples (VCHHK108) The significant beliefs, values and practices of Aboriginal and Torres Strait Islander peoples and cultures (VCHHK106) How physical or geographical features influenced the development of Aboriginal and Torres Strait Islander peoples' communities, foundational stories and land management practices (VCHHK105) The nature of sources of evidence about ancient Australia and what they reveal about Australia's ancient past, such as the use of resources (VCHHK107) <b>Civics and Citizenship</b> Examine how national identity can shape a sense of belonging and examine different perspectives about Australia's national identity, including Aboriginal and Torres Strait Islander peoples' perspectives (VCCCC027) Describe the process of constitutional change through a referendum (VCCCG021)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124) Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)	The importance of conserving the remains of the ancient past, including the heritage, culture and artefacts of Aboriginal and Torres Strait Islander peoples (VCHHK108) The significant beliefs, values and practices of Aboriginal and Torres Strait Islander peoples and cultures (VCHHK106) How physical or geographical features influenced the development of Aboriginal and Torres Strait Islander peoples' communities, foundational stories and land management practices (VCHHK105) The nature of sources of evidence about ancient Australia and what they reveal about Australia's ancient past, such as the use of resources (VCHHK107) <b>Civics and Citizenship</b> Examine how national identity can shape a sense of belonging and examine different perspectives about Australia's national identity, including Aboriginal and Torres Strait Islander peoples' perspectives (VCCCC027) Describe the process of constitutional change through a referendum (VCCCG021) Explain how groups express their identities, including religious and cultural identity, and how this expression can influence their perceptions of others and others' perception of them (VCCCC026) <b>HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active</b>
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Explain how groups express their identities, including religious and cultural identity, and how this expression can influence their perceptions of others and others' perception of them (VCCCC026)	Investigate the impact of transition and change on identities (VCHPEP123)
HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127) Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	



Lesson # Title Theme	13.1 and 13.2 "Valuing strengths" and "Character strengths" Emotional Literacy	14.1 and 14.2 "Emotional responses" and "Emotion scenarios" Emotional Literacy	15.1 and 15.2 "I Wish I had" and "Thank you arms and legs Gratitude
Learning Intention	<ul> <li>Students will explore the importance of different character strengths depending on the scenario.</li> <li>Students will understand the concept of character strengths.</li> </ul>	<ul> <li>Students will recognise and express a wide variety of emotions.</li> <li>Students will describe the emotions felt in a range of different scenarios.</li> </ul>	<ul> <li>Students will develop an appreciation for things in their life that they may take for granted.</li> <li>Students will see how other people have an attitude of gratitude despite the hardships they face.</li> </ul>
Activities	Lesson 13.1: Activity 1: Valuing strengths Activity 2: Fish bone Lesson 13.2 Activity 1: Character strengths role-play	Lesson 14.1: Activity 1: Name that emotion Activity 2: Emotion Scenarios Lesson 14.2: Activity 1: Working through scenarios	Lesson 15.1: Activity 1: How lucky are you? Activity 2: I wish I had Lesson 15.2: Activity 1: Gratitude for arms and legs
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Self-Awareness and Self-Management	Self-Awareness and Self-Management	Social Awareness and Social Management
	Development of resilience	Recognition and expression of emotions	Relationships and diversity
	Assess personal strengths using feedback from peers, teachers and others and prioritise	Describe how and why emotional responses may change in different contexts (VCPSCSE034)	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCS0038)
	areas for improvement (VCPSCSE035)	Development of resilience	
VIC. Curriculum	Discuss the range of strategies that could be used to cope with difficult tasks or changing situations (VCPSCSE036)	Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)	
	Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Contributing to healthy and active communities
	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES	wellbeing	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)
	<u>History</u>		



The importance of conserving the remains of the ancient past, including the heritage, culture and artefacts of Aboriginal and Torres Strait Islander peoples (VCHHK108) The significant beliefs, values and practices of Aboriginal and Torres Strait Islander peoples and cultures (VCHHK106) How physical or geographical features influenced the development of Aboriginal and Torres Strait Islander peoples' communities, foundational stories and land management practices (VCHHK105) The nature of sources of evidence about ancient Australia and what they reveal about Australia's ancient past, such as the use of resources (VCHHK107) Civics and Citizenship Examine how national identity can shape a sense of belonging and examine different perspectives about Australia's national identity, including Aboriginal and Torres Strait Islander peoples' perspectives (VCCCC027) Describe the process of constitutional change through a referendum (VCCCG021) Explain how groups express their identities, including religious and cultural identity, and how this expression can influence their perceptions of others and others' perception of them (VCCCC026)	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127) Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	
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Lesson #	16.1 and 16.2	17.1 and 17.2	18.1 and 18.2
Title Theme	"Thank you" and "Gratitude for others" Gratitude	"Cultural awareness" and "cultural traditions" Empathy	"Refugees" and "Refugee stories" Empathy
Learning Intention	<ul> <li>Students will reflect and express gratitude to a range of things in their lives.</li> <li>Students will express gratitude to someone that is important to them.</li> </ul>	<ul> <li>Students will learn how the greeting 'hello' is spoken in other countries around the world.</li> <li>Students will learn about cultural traditions and customs around the world to develop understanding.</li> </ul>	<ul> <li>Students will understand what daily life is like for those less fortunate.</li> <li>Students will understand the perspective of a refugee/asylum seeker.</li> </ul>
Activities	Lesson 16.1: Activity 1: Say thank you Activity 2: Things I am grateful for Lesson 16.2: Activity 1: Letter of thanks	Lesson 17.1: Activity 1: Hello from around the world Activity 2: Hello is still hello Lesson 17.2: Activity 1: Introduction to culture traditions Activity 2: My traditions	Lesson 18.1: Activity 1: Refugees Activity 2: A father and son Activity 3: I take for granted Lesson 18.1: Activity 1: Learning through the experience of others
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Social Awareness and Social Management	Social Awareness and Social Management	Social Awareness and Social Management
	Relationships and diversity	Relationships and diversity	Relationships and diversity
	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)
VIC. Curriculum	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Contributing to healthy and active communities	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal and	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal
	Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)	Torres Strait Islander peoples and peoples of the Asia region, that influence the significance of places (VCGGK109) Spiritual, cultural and aesthetic value of landscapes and landforms for people, including Aboriginal and	and Torres Strait Islander peoples and peoples of the Asia region, that influence the significance of places (VCGGK109) Spiritual, cultural and aesthetic value of landscapes and landforms for people,



Torres Strait Islander peoples, that influence the	including Aboriginal and Torres Strait Islander
significance of places, and ways of protecting	peoples, that influence the significance of
significant landscapes (VCGGK120)	places, and ways of protecting significant
History	landscapes (VCGGK120)
The importance of conserving the remains of the	History
ancient past, including the heritage, culture and	The importance of conserving the remains of
artefacts of Aboriginal and Torres Strait Islander	the ancient past, including the heritage, culture
peoples (VCHHK108)	and artefacts of Aboriginal and Torres Strait
The significant beliefs, values and practices of	Islander peoples (VCHHK108)
Aboriginal and Torres Strait Islander peoples and	The significant beliefs, values and practices of
cultures (VCHHK106)	Aboriginal and Torres Strait Islander peoples
How physical or geographical features influenced	and cultures (VCHHK106)
the development of Aboriginal and Torres Strait	How physical or geographical features
Islander peoples' communities, foundational	influenced the development of Aboriginal and
stories and land management practices	Torres Strait Islander peoples' communities,
<u>(VCHHK105)</u>	foundational stories and land management
The nature of sources of evidence about ancient	practices <u>(VCHHK105)</u>
Australia and what they reveal about Australia's	The nature of sources of evidence about
ancient past, such as the use of resources	ancient Australia and what they reveal about
<u>(VCHHK107)</u>	Australia's ancient past, such as the use of
Civics and Citizenship	resources (VCHHK107)
Examine how national identity can shape a sense	Civics and Citizenship
of belonging and examine different perspectives	Examine how national identity can shape a
about Australia's national identity, including	sense of belonging and examine different
Aboriginal and Torres Strait Islander peoples'	perspectives about Australia's national
perspectives <u>(VCCCC027)</u>	identity, including Aboriginal and Torres Strait
Describe the process of constitutional change	Islander peoples' perspectives (VCCCC027)
through a referendum (VCCCG021)	Describe the process of constitutional change
Explain how groups express their identities,	through a referendum (VCCCG021)
including religious and cultural identity, and how	Explain how groups express their identities,
this expression can influence their perceptions of	including religious and cultural identity, and
others and others' perception of them (VCCCC026)	how this expression can influence their
	perceptions of others and others' perception
	of them (VCCCC026)



HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeingInvestigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127) Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
	and sensitivity (VCHPEP128)



Lesson # Title Theme	19.1 and 19.2 "Negative bias" and "Mindfulness and self-talk" Mindfulness	20.1 and 20.2 "Promesse" and Mood changers" Emotional Literacy	21.1 and 21.2 "All emotions matter" and "My future plans" Emotional Literacy
Learning Intention	<ul> <li>Students will become aware of negative bias and how this impacts individuals on a day to day basis.</li> <li>Students will become aware of negative self-talk and show their vulnerability by talking about it.</li> </ul>	<ul> <li>Students will recognise and express a wide variety of emotions.</li> <li>Students will illustrate their understanding of optimism by reflecting on personal goals.</li> </ul>	<ul> <li>Students will understand the power in acknowledging all types of emotions and extend their emotional vocabulary.</li> <li>Students will recognise the changes that happen in their bodies in response to different emotions.</li> </ul>
Activities	Lesson 19.1 Activity 1: Celebrities Activity 2: Negativity bias Lesson 19.2: Activity 1: Self-talk	Lesson 20.1: Activity 1: Promesse Lesson 20.2: Activity 1: What are you looking forward to? Activity 2: Discuss and share	Lesson 21.1: Activity 1: Its ok not to be ok Lesson 21.2: Activity 1: Mood-changers
	PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Self-Management	PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Self-Management	PERSONAL AND SOCIAL CAPABILITY Self-Awareness and Self-Management
	Recognition and expression of emotions Describe how and why emotional responses may change in different contexts (VCPSCSE034)	Recognition and expression of emotions Describe how and why emotional responses may change in different contexts (VCPSCSE034)	Recognition and expression of emotions Describe how and why emotional responses may change in different contexts (VCPSCSE034) Development of resilience
VIC. Curriculum	<b>Development of resilience</b> Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)	<b>Development of resilience</b> Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)	Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)
	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal and Torres Strait Islander peoples	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES <u>History</u> The importance of conserving the remains of the ancient past, including the heritage, culture	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)



and peoples of the Asia region, that	and artefacts of Aboriginal and Torres Strait	Analyse factors that influence emotions, and
influence the significance of places	Islander peoples (VCHHK108)	develop strategies to demonstrate empathy and
(VCGGK109)	The significant beliefs, values and practices of	sensitivity (VCHPEP128)
Spiritual, cultural and aesthetic value of	Aboriginal and Torres Strait Islander peoples	
landscapes and landforms for people,	and cultures (VCHHK106)	
including Aboriginal and Torres Strait	How physical or geographical features	
Islander peoples, that influence the	influenced the development of Aboriginal and	
significance of places, and ways of	Torres Strait Islander peoples' communities,	
protecting significant landscapes	foundational stories and land management	
(VCGGK120)	practices (VCHHK105)	
<u>History</u>	The nature of sources of evidence about	
The importance of conserving the remains of	ancient Australia and what they reveal about	
the ancient past, including the heritage,	Australia's ancient past, such as the use of	
culture and artefacts of Aboriginal and	resources (VCHHK107)	
Torres Strait Islander peoples (VCHHK108)	Civics and Citizenship	
The significant beliefs, values and practices	Examine how national identity can shape a	
of Aboriginal and Torres Strait Islander	sense of belonging and examine different	
peoples and cultures (VCHHK106)	perspectives about Australia's national identity,	
How physical or geographical features	including Aboriginal and Torres Strait Islander	
influenced the development of Aboriginal	peoples' perspectives (VCCCC027)	
and Torres Strait Islander peoples'	Describe the process of constitutional change	
communities, foundational stories and land	through a referendum (VCCCG021)	
management practices (VCHHK105)	Explain how groups express their identities,	
The nature of sources of evidence about	including religious and cultural identity, and	
ancient Australia and what they reveal about	how this expression can influence their	
Australia's ancient past, such as the use of	perceptions of others and others' perception of	
resources (VCHHK107)	them (VCCCC026)	
Civics and Citizenship		
Examine how national identity can shape a	HEALTH AND PHYSICAL EDUCATION	
sense of belonging and examine different	Personal, Social and Community Health	
perspectives about Australia's national	Communicating and interacting for health	
identity, including Aboriginal and Torres	and wellbeing	
Strait Islander peoples' perspectives		
(VCCCC027)		



Describe the process of constitutional change through a referendum (VCCCG021) Explain how groups express their identities, including religious and cultural identity, and how this expression can influence their perceptions of others and others' perception of them (VCCCC026)	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127) Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	
HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Being healthy, safe and active		
Evaluate strategies to manage personal, physical and social changes that occur as they grow older (VCHPEP124)		
Examine barriers to seeking support and evaluate strategies to overcome these (VCHPEP125)		
Contributing to healthy and active communities		
Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)		



Lesson # Title Theme	22.1 and 22.2 "Inspiring nature" and "Gratitude guide to nature" Gratitude	23.1 and 23.2 "Working together" and "It's a team effort" Empathy	24.1 and 24.2 "Active listening" Empathy
Learning Intention	<ul> <li>Students will think about nature all around the world and what makes it so appealing to travellers.</li> <li>Students will think about why they are grateful to nature and the world we live in.</li> </ul>	<ul> <li>Students will cooperate and learn more about the qualities they possess, and how they deal with cooperation and leadership through games.</li> </ul>	<ul> <li>Students will develop empathy and understanding by practising active listening techniques.</li> <li>Students will develop an understanding of how one's body language can impact active listening.</li> </ul>
Activities	Lesson 22.1 Activity 1: Inspiring nature Activity 2: What does nature give us? Lesson 22.2 Activity 1: Poster	Lesson 23.1: Activity 1: Helium stick Activity 2: Cheer/chant Lesson 23.2 Activity 1: Pass the hoop Activity 2: Debrief	Lesson 24.1 Activity 1: Active listening Lesson 24.2 Activity 1: What did Amy do well? Activity 2: Practising active listening
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Social Awareness and Social Management	Social Awareness and Social Management	Social Awareness and Social Management
	Relationships and diversity	Relationships and diversity	Relationships and diversity
	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCS0038)	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)	Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others (VCPSCSO038)
VIC. Curriculum	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal and Torres Strait Islander peoples and peoples of the Asia region, that influence the significance of places (VCGGK109)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)	ABORIGINAL AND TORRES STRAIT ISLANDER HISTORIES AND CULTURES Geography The spiritual, economic, cultural and aesthetic value of water for people, including Aboriginal and Torres Strait Islander peoples and peoples of the Asia region, that influence the significance of places (VCGGK109)



Spiritual, cultural and aesthetic value of landscapes and landforms for people,	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	Spiritual, cultural and aesthetic value of landscapes and landforms for people, including
including Aboriginal and Torres Strait Islander peoples, that influence the significance of	Selisitivity (VCHFEF 120)	Aboriginal and Torres Strait Islander peoples, that influence the significance of places, and ways of
places, and ways of protecting significant		protecting significant landscapes (VCGGK120)
landscapes (VCGGK120)		
· · · ·		History
History		The importance of conserving the remains of the
The importance of conserving the remains of		ancient past, including the heritage, culture and
the ancient past, including the heritage,		artefacts of Aboriginal and Torres Strait Islander
culture and artefacts of Aboriginal and Torres		peoples ( <u>VCHHK108)</u>
Strait Islander peoples (VCHHK108)		The significant beliefs, values and practices of
The significant beliefs, values and practices		Aboriginal and Torres Strait Islander peoples and
of Aboriginal and Torres Strait Islander		cultures ( <u>VCHHK106)</u>
peoples and cultures (VCHHK106)		How physical or geographical features influenced
How physical or geographical features		the development of Aboriginal and Torres Strait
influenced the development of Aboriginal and		Islander peoples' communities, foundational
Torres Strait Islander peoples' communities,		stories and land management practices
foundational stories and land management		( <u>VCHHK105)</u>
practices <u>(VCHHK105)</u>		The nature of sources of evidence about ancient
The nature of sources of evidence about		Australia and what they reveal about Australia's
ancient Australia and what they reveal about		ancient past, such as the use of resources
Australia's ancient past, such as the use of		<u>(VCHHK107)</u>
resources <u>(VCHHK107)</u>		Civics and Citizenship
Civics and Citizenship		Examine how national identity can shape a sense
Examine how national identity can shape a		of belonging and examine different perspectives
sense of belonging and examine different		about Australia's national identity, including
perspectives about Australia's national		Aboriginal and Torres Strait Islander peoples'
identity, including Aboriginal and Torres Strait		perspectives (VCCCC027)
Islander peoples' perspectives (VCCCC027)		Describe the process of constitutional change
Describe the process of constitutional		through a referendum (VCCCG021)
change through a referendum (VCCCG021)		Explain how groups express their identities,
Explain how groups express their identities,		including religious and cultural identity, and how
including religious and cultural identity, and		this expression can influence their perceptions of
how this expression can influence their		



perceptions of others and others' perception of them (VCCCC026)	others and others' perception of them (VCCCC026)
	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing
	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (VCHPEP127)
	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)



Lesson #	25.1 and 25.2	Inquiry Unit 1	Inquiry Unit 1
Title	"Meditative drawing" and "Simple	"Mind Body Connection'	"Mind Body Connection"
Theme	landscape" Mindfulness	Mindfulness	Mindfulness
Learning Intention	Students will slow down and relax, and embrace playful creativity.	<ul> <li>Students will explore how mind and body are connected.</li> <li>Students will investigate how exercise impacts mood.</li> <li>Students will work collaboratively to create a health education campaign for their school community.</li> </ul>	<ul> <li>Students will explore how mind and body are connected</li> <li>Students will investigate how exercise impacts mood</li> <li>Students will work collaboratively to create a health education campaign for their school community</li> </ul>
Activities	Lesson 25.1: Activity 1: Drawing your breath Activity 2: Attention and awareness circles Lesson 25.2: Simple shape landscape	Lesson 1: Activity 1: Introduce the Move your Mood Campaign. Activity 2: Revise – how brain and body are connected? Activity 3: Benefits of exercise Activity 4: Exercise and mood – mini experiment Activity 5: Student journal exercise self reflection.	Lesson 2&3 Activity 1: Move your mood project Activity 2: Research and flyer/promotional material development Activity 3: Event planning
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Self-Awareness and Self-Management	Social Awareness and Social Management	Social Awareness and Social Management
	Recognition and expression of emotions	Collaboration	Collaboration
VIC. Curriculum	Describe how and why emotional responses may change in different contexts (VCPSCSE034)	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team (VCPSCSO041)	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other
	Development of resilience		members of the team (VCPSCSO041)
	Reflect on their effectiveness in working independently by identifying enablers and barriers to achieving goals (VCPSCSE037)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health



HEALTH AND PHYSICAL EDUCATION	Analyse factors that influence emotions, and	Communicating and interacting for health
Personal, Social and Community Health	develop strategies to demonstrate empathy and	and wellbeing
Being healthy, safe and active	sensitivity (VCHPEP128)	Analyse factors that influence emotions, and
Evaluate strategies to manage personal,	<b>Contributing to healthy and active</b>	develop strategies to demonstrate empathy and
physical and social changes that occur as	<b>communities</b>	sensitivity (VCHPEP128)
they grow older (VCHPEP124)	Examine the benefits to individuals and	Contributing to healthy and active
Examine barriers to seeking support and	communities of valuing diversity and promoting	communities
<ul> <li>evaluate strategies to overcome these (VCHPEP125)</li> <li>Contributing to healthy and active communities</li> <li>Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities (VCHPEP130)</li> </ul>	inclusivity (VCHPEP132) <b>Being healthy, safe and active</b> Investigate the impact of transition and change on identities (VCHPEP123)	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132) Being healthy, safe and active Investigate the impact of transition and change on identities (VCHPEP123)



Lesson # Title Theme	Inquiry Unit 1 "Mind Body Connection" Mindfulness	Inquiry Unit 2 "Digital Citizenship" Empathy	Inquiry Unit 2 "Digital Citizenship" Empathy
Learning Intention	<ul> <li>Students will explore how mind and body are connected.</li> <li>Students will investigate how exercise impacts mood.</li> <li>Students will work collaboratively to create a health education campaign for their school community.</li> </ul>	<ul> <li>Students will learn about the positive and negative influences of social media.</li> <li>Students will understand the concept of 'social currency' and share their personal experience with this.</li> <li>Students will learn about the psychology behind being 'liked' on social media.</li> </ul>	<ul> <li>Students will explore and discuss the different reasons people choose to have multiple online accounts.</li> <li>Students will discuss how their online self may not be a true representation of their real self.</li> <li>Students will analyse the benefits and drawbacks of representing different parts of their real self online.</li> </ul>
Activities	Lesson 4: Activity 1: Event planning Activity 2: Group work review Activity 3: My movement pledge reflection	Lesson 1: Activity 1:My understanding of social media Activity 2: Is social media hurting your mental health? Activity 3: Social media currency Activity 4: The psychology of being 'liked' on social media	Lesson 2: Activity 1:Digital compass Activity 2: Finstagram and Rinstagram Activity 3: Insta lie? Activity 4: Social media reflection
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Social Awareness and Social Management Collaboration	Social Awareness and Social Management Collaboration	Social Awareness and Social Management Collaboration
VIC. Curriculum	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team (VCPSCSO041)	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team (VCPSCSO041)	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team (VCPSCSO041)
	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing



Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128) <b>Contributing to healthy and active</b>	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128) <b>Contributing to healthy and active</b> <b>communities</b>	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128) <b>Contributing to healthy and active</b>
<b>communities</b> Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)	<b>communities</b> Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)
Being healthy, safe and active Investigate the impact of transition and change on identities (VCHPEP123)	Being healthy, safe and active Investigate the impact of transition and change on identities (VCHPEP123)	Being healthy, safe and active Investigate the impact of transition and change on identities (VCHPEP123)



Lesson #	Inquiry Unit 2	Inquiry Unit 2	Inquiry Unit 2
Title	"Digital Citizenship"	"Digital Citizenship"	"Digital Citizenship"
Theme	Empathy	Empathy	Empathy
Learning Intention	<ul> <li>Students will focus on the positives of social media and understand the impacts of social media trends.</li> <li>Students will identify the difference between active and passive use of social media.</li> <li>Students will create a social change campaign.</li> </ul>	<ul> <li>Students will learn about podcasts.</li> <li>Students will work collaboratively in small groups.</li> </ul>	<ul> <li>Students will use current technology and software to create a podcast.</li> </ul>
Activities	Lesson 3: Activity 1: Positive social media Activity 2: Creating social change	Lesson 4: Activity 1:What is a podcast? Activity 2: Podcast challenge? Activity 3: Planning the story	Lesson 5: Activity 1: Write your script Activity 2: Recording and editing Activity 3: Listening to each other's podcasts
	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY	PERSONAL AND SOCIAL CAPABILITY
	Social Awareness and Social Management	Social Awareness and Social Management	Social Awareness and Social Management
	Collaboration	Collaboration	Collaboration
	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team (VCPSCSO041)	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team (VCPSCSO041)	Perform in a variety of team roles and accept responsibility as a team member and team leader, assessing how well they support other members of the team (VCPSCSO041)
VIC. Curriculum	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)	HEALTH AND PHYSICAL EDUCATION Personal, Social and Community Health Communicating and interacting for health and wellbeing Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (VCHPEP128)
	Contributing to healthy and active communities	Contributing to healthy and active communities	Contributing to healthy and active communities



Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity (VCHPEP132)
Being healthy, safe and active	Being healthy, safe and active	Being healthy, safe and active
Investigate the impact of transition and change on identities (VCHPEP123)	Investigate the impact of transition and change on identities (VCHPEP123)	Investigate the impact of transition and change on identities (VCHPEP123)