

Health and Career Education K to 7



Prescribed Learning Outcomes & FRIENDS

This is an overview of relevant learning outcomes that relate to the activities in the FRIENDS program, promoting skills development and strengthening resiliency.

GRADE 4

	None	Slight	Moderate	Extensive	Session #	Extra Activities
Goals and Decisions: <ul style="list-style-type: none"> Identify the steps in a decision making model (e.g., identifying the decision, listing alternatives, selecting a course of action, assessing the results). 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6	<i>Balloon race The Chocolate Dilemma</i>
Career Development: <ul style="list-style-type: none"> Create an inventory of own attributes (e.g. interests, accomplishments; things they're good at, things they've learned to do, things they like to do, things they do not like to do) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	1 & 3 & 4	<i>Strengths Treasure Hunt The I can do it portfolio Focus on the positives</i>
Health – Healthy Living: <ul style="list-style-type: none"> Describes the choices an individual can make to attain and maintain physical and emotional health (e.g., participating regularly in physical activity, developing healthy interpersonal relationships, trying new activities and challenges) 	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	1 & 3 & 4 & 5 & 6	<i>Class superheroes Circles of support Friendship dice</i>
Healthy Relationships: <ul style="list-style-type: none"> Describe interpersonal skills necessary to build positives relationships (e.g., co-operation, inclusion, communication skills, empathy, respectful behaviour) Demonstrate appreciate strategies for responding to bullying behaviour (assess the situation, avoidance, assertiveness, reporting, seeking help) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	6 & 9	<i>Role Plays</i>
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

GRADE 5

	None	Slight	Moderate	Extensive	Session #	Extra Activities
Goals and Decisions: <ul style="list-style-type: none"> Describe how various factors (e.g., access to accurate and relevant information, media and social influences) affect decision making Demonstrate an understanding of the benefits of personal support network 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	5 & 6	<i>Class Superheroes Circles of Support Balloon race Chocolate Dilemma</i>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		

<p>Health – Healthy Living:</p> <ul style="list-style-type: none"> Identify factors that influence attitudes and decisions regarding healthy lifestyles (e.g., family, peer, media) Describe strategies for contributing to a healthy, balanced lifestyle, including healthy eating, integrating physical activity and maintaining emotional health 	<p><input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>3 & 4</p>	
<p>Healthy Relationships:</p> <ul style="list-style-type: none"> Assess their own interpersonal skills as they apply to building and maintaining positive relationships with family and friends Analyse behaviours that contribute to a safe and caring school environment (taking responsibility for personal actions, supporting others, promoting respect for diversity) 	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>1 & 5 & 6</p>	<p><i>Strengths Treasure Hunt</i> <i>The I can do it portfolio</i> <i>Balloon race</i></p>

GRADE 7

	None Slight Moderate Extensive	Session #	Specific Activities
<p>Goals and Decisions:</p> <ul style="list-style-type: none"> Design a plan to achieve a specific goal Demonstrate an ability to apply a decision-making model to a specific situation 	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/></p>	<p>6 & 8</p>	<p><i>Everyone’s Goals</i> <i>The 6 Block Problem Solving Plan</i> <i>Marshmallow Towers</i> <i>Balloon Race</i> <i>Chocolate Dilemma</i></p>
<p>Career and Development:</p> <ul style="list-style-type: none"> Identify skills that are transferable to a range of school and recreational situations (e.g., time management, teamwork, problem solving, communication, adaptability) 	<p><input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>1 & 2 & 6 & 7 & 8</p>	<p><i>The 6 Block Problem Solving Plan</i> <i>Coping Step Plan</i> <i>Working Together</i> <i>Exploring Ways to Cope</i> <i>The Calm Way to Handle Conflict</i> <i>The Many Dimensions of My Life</i></p>
<p>Health – Healthy Living:</p> <ul style="list-style-type: none"> Analyse factors (including media and peer) that influence personal health decisions Describe strategies for attaining and maintaining physical, emotional, and social health during puberty and adolescence 	<p><input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>1 & 2 & 3 & 4 & 6 & 7</p>	<p><i>Circles of Support</i> <i>Learning How to Feel Good</i> <i>Relaxation Games</i> <i>Coping Step Plans</i> <i>Working Together</i> <i>Control Centre</i> <i>Support Teams</i> <i>Exploring Ways to Cope</i> <i>Circles of Support</i> <i>Mindfulness & Attention Training</i></p>
<p>Health – Healthy Relationships:</p> <ul style="list-style-type: none"> Identify characteristics of healthy relationships & unhealthy relationships (e.g., healthy relationships) Describe a variety of influences on relationships (peers, family, media, physical & emotional) 	<p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/></p> <p><input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>3 & 7</p>	<p><i>Questions for Making Friendships</i> <i>Class Superheroes</i> <i>Strengths Treasure Hunt</i> <i>Fantastic Creatures</i> <i>Role Plays</i> <i>Using the FRIENDS Plan to Help Ourselves & Others</i> <i>Coaching Companions</i> <i>Working Together</i></p>