

***GRANGE PRIMARY SCHOOL***

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**Health Term 1**

*Mrs Jasmine Pearce*

*Room 32*

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The Health component of the Health and Physical Education curriculum provides the basis for developing knowledge, understanding and skills for students to lead healthy, safe and active lives.

Students are given the opportunity to learn about their strengths and simple actions they can take to keep themselves and their classmates healthy and safe.

In Term 1 all classes will focus on developing and maintaining a Growth Mindset.

What a child believes about their own ability has a significant impact on their motivation, effort, and approach to challenges. Students who positively believe in their abilities are more likely to embrace challenges and persist despite failure, which is called a Growth Mindset.

However, a Fixed Mindset is when a child believes their intelligence or ability is fixed and do not stretch themselves intellectually, out of fear of failure or embarrassment.

Along with this, there will also be a specific focus based on the particular emotional and physical needs of age groups:

* Year 1 and 2 will [describe](http://www.australiancurriculum.edu.au/glossary/popup?a=HPE&t=describe) their own strengths and achievements and those of others, and [identify](http://www.australiancurriculum.edu.au/glossary/popup?a=HPE&t=identify) how these contribute to personal [identities](http://www.australiancurriculum.edu.au/glossary/popup?a=HPE&t=identities).
* Year 3 and 4 will explore how success, challenge and failure strengthen [identities](http://www.australiancurriculum.edu.au/glossary/popup?a=HPE&t=identities).
* Year 5 will e[xamine](http://www.australiancurriculum.edu.au/glossary/popup?a=HPE&t=examine) how [identities](http://www.australiancurriculum.edu.au/glossary/popup?a=HPE&t=identities) are influenced by people and places.

