

**Healthy Me**  
Playcentre Term 2 2006



**Nauru Curriculum Footpath**  
**Personal Pathways**  
 Demonstrating confidence and accepting responsibility for decision making  
 Taking care of health and self  
 Working with peers and others  
**Communication Pathways**  
 Literacy including the primary language  
 Numeracy  
**Community Pathways**  
 Respecting diversity and different ways of thinking  
**Environments and Technologies Pathways**  
 Applying scientific and mathematical understandings

**Suggestions and ideas for students and teachers:**

Suggested headings for the Retrieval chart are Good Food, OK Food, Poor Food across the top and Natural, Man-made, Cheap, Expensive (Dear or Costly) down the side. Pictures or drawings of the foods can be sorted into each category. Use the students' suggestions at first but put a warning flag or sticker on choices you do not agree with. Re-sort the foods as children learn more about them.

Try to get community support for the Make a Meal Day. Parents and others may donate coconuts, papaya and other available local food to allow children to choose from a variety of foods. Allow unhealthy foods as well so children can make real choices. The food list could be a personal one listing available foods or a wall chart with student names and pictures/drawings of available foods. Students tick off their choices.

Safety issues can include: Road safety, poisons, food preparation and storage, water, dealing with strangers, dealing with unwelcome behaviours from peers and others (violence, bullying, teasing, peer pressure, inappropriate touching and related behaviours) bites and stings, accidents and very simple first aid.

Ways to record growth include wall charts showing height using arrows to show changes, piles of books or similar to show weight, tally marks with growth shown in a different colour.

Example of exercise goal: improving catching a tennis ball tossed 5 times gently by an adult from 2m away. Collect base line performance early in the term (eg catch 2 of 5 throws), set goal (eg 4 of 5 throws) and practice regularly recording scores once per week as numbers and tally marks to help students understand.

**Quality Features**  
**High Quality**

- Consistently good choices made in all food, safety and exercise end products and works hard on personal goal.
- Sound explanations of healthy food, safety and personal record in first language with correct use of relevant English comparing words.
- Skillful design and presentation of performed safety story or presentation.

**Acceptable Quality**

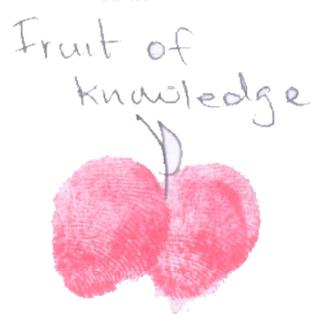
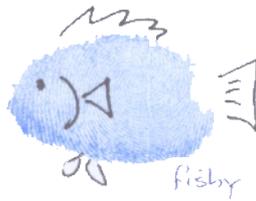
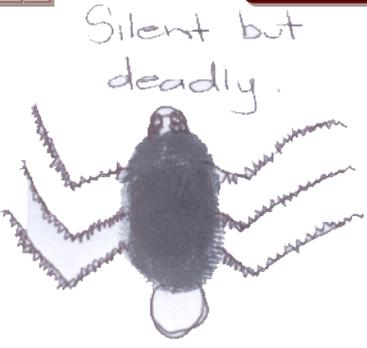
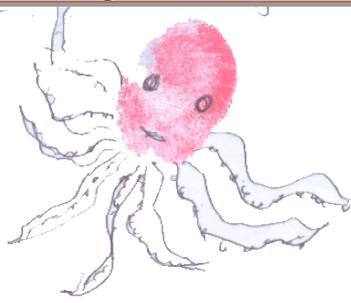
- Makes some informed good choices.
- Gives sound reason for at least one choice.



**Play Centre**

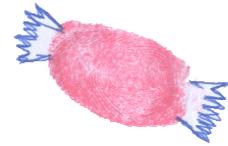
**Task Rules:**

Where possible, include both healthy and unhealthy foods in the Make a Meal Day so children make real choices. Students may work individually or in interest groups. Performances will generally be in groups but may be individual. Grades are individual.





coconut



BJAYE

### Healthy Me Playcentre Term 2 2006

Children will explore healthy and wise ways of living in their school, home, community and world. They will learn to be healthy and wise in balanced diet, safe behaviours and exercise activities.



## Play Centre