

HAPPY HEALTHY HAWKS



TASMANIAN

GRADE/S: 3 – 6 DURATION: 30 MINUTES

Overview:

Football clubs are privileged to be able to engage children in a way that many authority figures cannot. Hawthorn wants to leverage this advantage to kick-start conversations with children around the themes of nutrition, wellbeing, inclusion and the benefits of being physically active. The Happy Healthy Hawks school program is a short, sharp in-class program that uses fun, interactive content that is aligned with the Australian primary school HPE curriculum for years 3-6.

Delivered by a UTAS teaching graduate, this 30-minute session is a valuable conversation starter that uses behavioural modelling and real-life scenarios to encourage positive personal development.

Content Descriptors:

Grade 3/4:

ACPPS036: Identify and practice strategies to promote health, safety and wellbeing.

ACPPS037: Describe how respect, empathy and valuing diversity can positively influence relationships.

ACPPS039: Discuss and interpret health information and messages in the media and internet.

ACPPS040: Describe strategies to make the classroom and playground healthy, safe and active spaces.

Grade 5/6:

ACPPS054: Plan and practice strategies to promote health, safety and wellbeing.

ACPPS055: Practice skills to establish and manage relationships.

ACPPS057: Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviors.

ACPPS058: Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities.

Program Outcomes:

Grade 3/4:

- To increase students' knowledge around nutrition and sources of energy.
- To show how holistic health can benefit everyone
- To show the importance of inclusion on mental health
- Students have fun and engage in all activities

Grade 5/6:

- Challenge students to make nutritional change in their lives
- To show and provide examples of how holistic health can benefit everyone
- To show the importance of inclusion on mental health
- Students have fun and engage in all activities

Program Collateral:

Stickers
What's on Hawka's Fork? child-friendly snack recipes
Colouring in activity
Match day family passes to some of Hawthorn's Launceston games

