

Australian Curriculum Alignment

Australian Curriculum Alignment: Prep – Year 4



Be More Like a Dog, and feel good, introduces children to five “feel good”

healthy habits:

1. Move your body, feel good
 2. Rest your body, feel good
 3. Fuel your body, feel good
 4. Talk to friends, feel good
 5. Spend time in nature, feel good
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Learning Area

Health and Physical Education (HPE)

Strand: Personal, Social and Community Health

Sub-strands:

- Making healthy and safe choices
 - Communicating and interacting for health and wellbeing
 - Understanding emotions and personal strengths
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Healthy Habits: Curriculum Alignment

1. MOVE YOUR BODY – “Move your body, feel good!”

Curriculum Links

- **Prep–Year 2:**
 - ACPPS017 / ACPPS018 – Recognise how physical activity supports health and wellbeing
- **Years 3–4:**

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- *ACPPS033* – Identify how participation in physical activity supports wellbeing

Student Learning

- Understand that movement supports physical and emotional health
- Recognise how exercise improves mood and energy

General Capabilities

- **Personal & Social Capability:** Self-awareness, self-management
 - **Critical & Creative Thinking:** Cause and effect (movement → feeling good)
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2. REST YOUR BODY – “Rest your body, feel good!”

Curriculum Links

- **Prep–Year 2:**
 - *ACPPS020* – Identify daily practices that support health and wellbeing
- **Years 3–4:**
 - *ACPPS036* – Explain how sleep supports growth, learning, and emotional regulation

Student Learning

- Understand the importance of sleep and rest
- Build routines for healthy sleep habits

General Capabilities

- **Personal & Social Capability:** Self-regulation
- **Health Literacy:** Recognising healthy routines

3. Nutrition – “Fuel your body, feel good!”

Curriculum Links

- **Prep–Year 2:**
 - *ACPPS021* – Identify healthy food choices
- **Years 3–4:**
 - *ACPPS034* – Investigate how food choices affect health and wellbeing

Student Learning

- Recognise natural foods that support focus and energy
- Understand how nutrition affects learning and concentration

General Capabilities

- **Health Literacy**
 - **Critical & Creative Thinking:** Making informed choices
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4. POSITIVE RELATIONSHIPS - “Talk to friends, feel good!”

Curriculum Links

- **Prep–Year 2:**
 - *ACPPS019* – Practise positive ways to interact with others
- **Years 3–4:**
 - *ACPPS037* – Discuss strategies to build and maintain positive relationships

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Student Learning

- Develop friendship skills
- Understand the importance of connection and belonging

General Capabilities

- **Personal & Social Capability:** Collaboration, empathy
 - **Ethical Understanding:** Respect for others
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5. CONNECT WITH NATURE – “Spend time in nature, feel good!”

Focus:

- Outdoor play
- Nature awareness
- Sensory regulation

Student Skills:

- Present-moment awareness
 - Stress reduction
 - Appreciation of environment
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Understanding Emotions: Curriculum Alignment

Curriculum Links

- **Prep–Year 2:**

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- *ACPPS016* – Explore emotions and ways to manage them
- **Years 3–4:**
 - *ACPPS035* – Identify strategies to manage emotions and attention

Student Learning

- Build mindfulness and present-moment awareness
- Recognise how screen breaks support mental wellbeing

General Capabilities

- **Personal & Social Capability:** Emotional awareness
- **ICT Capability:** Healthy technology use

Body awareness, responding to emotional and physical cues.

Curriculum Links

- **Prep–Year 4:**
 - *ACPPS015 / ACPPS038* – Identify trusted people and strategies for help-seeking

Student Learning

- Recognise internal and external supports
- Learn to respond to emotional and physical cues

General Capabilities

- **Personal & Social Capability:** Help-seeking, resilience

Whole-Program Outcomes (Prep–Year 4)

Through repeated reminders of the five healthy habits (e.g., visual cues, regular breaks and stretches) students:

- Build **healthy daily habits**
 - Strengthen **emotional literacy**
 - Practise **self-regulation**
 - Improve **focus and engagement**
 - Develop **positive relationships**
 - Increase **confidence and agency**
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Reno's Healthy Habits can be used to:

Embed wellbeing into daily school culture

- Provide a **common language** for wellbeing across the school
- Support **early intervention and prevention**
- Align with the **Australian Curriculum: Health and Physical Education**
- Be inclusive, visual, playful, and trauma-informed

Encourage student Skills

- Self-belief
- Problem-solving
- Resilience

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Support family and school community connection

Reno's healthy habits can build a **shared bridge** between school and home. Families can be encouraged to:

- Use Reno language at home
- Engage with newsletters and resources that promote healthy habits
- Reinforce healthy routines at home