

INTEGRATED

Kids Only

Setting the scene

Middle Childhood 4–7

Learning Resource





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INTEGRATED1397 KIDS ONLY -
SETTING THE SCENE
ISBN 978-1-74205-479-7



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First published 2009

ISBN 978-1-74205-479-7
SCIS 1435692

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Not for NEALS 

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Overview of Kids Only

Kids Only consists of three modules and a Teacher overview.

Module	Outcomes focus
1 Setting the scene	Organisational skills and the development of independent learning Health and Physical Education 1. KNOWLEDGE AND UNDERSTANDINGS
2 'Kid Fitz'	Health and Physical Education 1. KNOWLEDGE AND UNDERSTANDINGS 4. SELF-MANAGEMENT SKILLS English 9. WRITING
3 Mind over matter	Health and Physical Education 1. KNOWLEDGE AND UNDERSTANDINGS 4. SELF-MANAGEMENT SKILLS English 9. WRITING

Each module has a:

- ▶ student work plan
- ▶ learning activities section
- ▶ feedback and solutions section
- ▶ Teacher overview.





The resources and materials you will need for *Kids Only* are:

- ▶ a learning journal
- ▶ *Kids Only* healthy lifestyle diary
- ▶ white paper (3 x A3 sheets, 5 x A4 sheets)
- ▶ lined paper (5 sheets)
- ▶ a tape measure
- ▶ body scales
- ▶ a watch or stopwatch.







Student work plan



Learning activity	Description of learning activity	Learning focus
1 Setting the scene		
1.1 <i>Kids Only</i> sked	Create an activity log	Set up ways to keep track of learning activities
1.2 <i>Kids Only</i> journal	Create a contents page for a learning journal	Ways to organise information for easy use
2 The human body		
2.1 Parts of the body	Brainstorm parts of the body and label a diagram	Structures of the human body
2.2 Systems in the body	Match body systems to their parts and purpose	All living things have systems
2.3 How the body works	Use a CD-ROM to understand the parts and systems of the human body	The body has structures and features to carry out life processes
2.4 Flow chart	Create a flow chart to show a body process	The body has structures and features to carry out life processes
3 Health		
3.1 What is health?	Create a concept map of ideas about what health means	The factors of health
3.2 True or false?	True or false questions	The body has structures and features to carry out life processes
3.3 <i>Kids Only</i> diary	Begin a diary, recording food and activity patterns	Ways to monitor health



Signposts

Look for signposts throughout the learning books. They give instructions to help you with the learning activities.



Help – You may need to ask for help when you see this signpost.



Learning journal – The learning journal signpost tells you to present your work in your learning journal.



Record – This signpost tells you to record yourself.



Check – The check signpost tells you when your work will need to be checked.



Diary – The diary signpost is a reminder to fill in your diary for the day.



Multimedia – The multimedia signpost tells you to use an audio CD, CD-ROM, video or DVD.



Presentation – The presentation signpost tells you to ask for help with deciding how you will present your learning, for example through writing, artworks, sound recording, video, word processing, making a model, computer-based presentations.



Computer – The computer signpost tells you to use a computer or the internet.



Scissors – The scissors signpost tells you to cut out a page from the book.





Kids Only



**No
Adults**



**You are what
you eat**



**Get moving
with music**



**What your parents
don't tell you**



Dear Readers,

Welcome to our special issue with bonus free diary.

Here at *Kids Only*, we are passionate about bringing you information and news about issues that concern kids. This issue is dedicated to the important topic of health.

Health and wellbeing are words that are now part of our everyday vocabulary. Today, people are more aware of their health and taking care of their bodies. This has become even more important for child health, with such problems as obesity, diabetes, heart disease, breathing problems, allergies and depression becoming more common.

The way you treat your body as a child will have an enormous impact on your body as an adult. Gaining the skills and information to keep you healthy is so important.

In this issue, we will explore many topics about your health and wellbeing. You will need this information in order to complete our challenge, which involves being a guest advisor for our help page and giving advice to others on health and wellbeing issues. You will also produce a page for our magazine's next special issue on health, with details to follow later.

Sincerely

Paige Turner

Editor





1

Setting the scene

These days some people eat too much junk food, or are inactive, or unaware of their own health issues. It is very important to understand why you need to be aware of your own health and wellbeing and what you can do to keep or improve it. Throughout *Kids Only* you will investigate a number of issues related to your health and use this knowledge to complete a guest editor challenge.

1.1

Kids Only sked

Follow the instructions below to create your *Kids Only* sked.

'Sked' is slang for 'schedule' and this will help you keep a record of the activities you have completed.

- 1 Cut out the cover of the booklet.
- 2 Write your name on the front cover.
- 3 Cut out the inside pages and fold into the cover.
- 4 Staple or glue the centre line to keep the pages together like a book.
- 5 Sign your name as you complete each activity in your sked.











Activity	Date & sign
1 Setting the scene	
1.1 <i>Kids Only</i> sked	
1.2 <i>Kids Only</i> journal	
2 The human body	
2.1 Parts of the body	
2.2 Systems in the body	
2.3 How the body works	
2.4 Flow chart	
3 Health	
3.1 What is health?	
3.2 True or false?	
3.3 <i>Kids Only</i> diary	
4 Healthy body	
4.1 Height and weight	
4.2 BMI	

Fold line

Activity	Date & sign
7.2 Stress	
7.3 Stress busters	
7.4 Relaxation	
7.5 Being active	
7.6 Making decisions	
7.7 Y chart	
8 Healthy information	
8.1 Locate sources of information	
8.2 Information sources	
8.3 <i>Kids Only</i> diary	
8.4 Problem page – Dear Abbey reply	
8.5 Guest editor:	
a) Note taking/Research	
b) Magazine page	
c) Evaluation	





Activity	Date & sign
4.3 Body measurements	
4.4 Flexibility	
4.5 Sit-ups and push-ups	
4.6 Heart rate	
4.7 Physical profile	
4.8 Physical activity	
4.9 Exercise	
4.10 List of activities	
4.11 Warm up and cool down	
4.12 Injury	
4.13 Exercise crossword	
4.14 Food and energy	
4.15 Healthy eating	
4.16 Food options	
4.17 Eat it	
4.18 Diet and exercise	

Fold line

Activity	Date & sign
4.19 Healthy lifestyles	
4.20 Healthy body quiz	
5 Healthy mind	
5.1 Identity	
5.2 Belonging to groups	
5.3 Self-esteem	
5.4 Self talk	
5.5 Positive self talk	
5.6 Goal setting	
6 Healthy relationships	
6.1 My relationships	
6.2 Relationship reflection	
6.3 Rights and responsibilities	
7 Healthy emotions	
7.1 Handling emotions	





1.2 Kids Only journal

Many activities need to be stored in your *Kids Only* journal. The work that will be included in this journal will be clearly marked with the following symbol:



To help organise your journal, you will need to create a contents page, which should show the activity name and what page in the journal it can be seen. Complete the contents page as you store each piece of work.

Spend a few minutes setting up the page. Include the title, *Kids Only* and include some images that suit the topic of health and wellbeing.







2

The human body

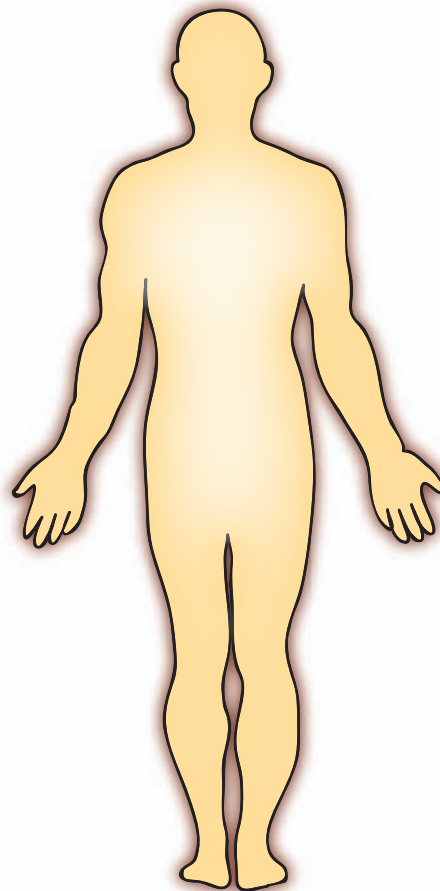
The human body is a complex system. A system is something that has many parts which all work together to achieve a purpose. In terms of the human body, the parts work together to keep us living and moving.

2.1 Parts of the body



Think about the human body and brainstorm the parts that work together to keep you alive.

On the sketch of the human body, write and label as many parts as you can. If you do not know how to spell the words, try sounding the word or breaking it into smaller parts. Have a go.





2.2 Systems in the body

Within the human body there are many smaller systems that work to keep us alive. Each system has a different purpose and uses different parts of the body.

Look at the names of some of the systems in the body and match them to their purpose and the parts of the system. Use coloured pencils and a ruler to connect the boxes.

System	Purpose	Parts
circulatory	Makes it possible for the body to move	Is made up of muscles, tendons, ligaments and cartilage
respiratory	Gives the body its shape and protects organs	Is made up of veins, arteries and capillaries
skeletal	Passes messages to and from the brain to the rest of the body	Is made up of the spinal cord and nerves
muscular	Pumps oxygen around the body in the blood	The lungs are the main part
nervous	Brings oxygen into the body and gets rid of carbon dioxide	Is the body's framework and is made up of bones and joints





2.3 How the body works



Complete the following learning objects from The Learning Federation about the human body which will help you understand the parts of the body and how they work.

Complete each interaction and then briefly write the main idea you learnt or revised. An example of what to write is as follows:

Interaction	Notes
Body parts: skeleton	This activity gave me information on what makes up bones. This activity also got me to name the bones in the skeleton. I then built a skeleton from scratch by clicking and dragging bones onto a skeleton outline.
Body parts: heart and circulation	
Body parts: muscles	
Body parts: respiratory system	

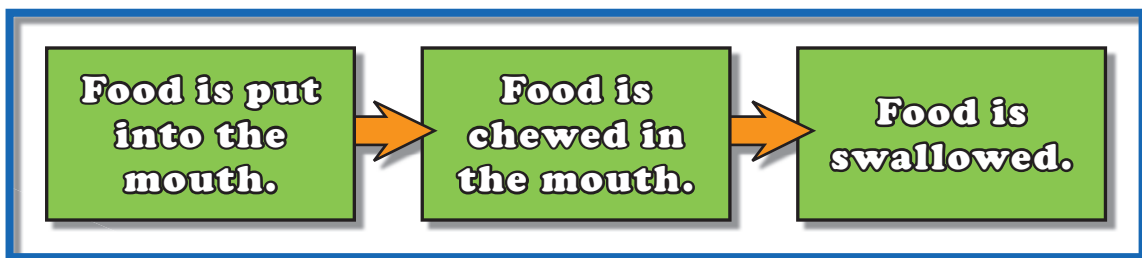




Interaction	Notes
Body parts: digestive system	
Body parts: skin	

2.4 Flow chart

In completing the interactions, you have learnt about some of the processes that occur in our bodies. Choose one of these processes and show the stages in a flow chart. A flow chart is a pictorial and written display which shows a process, as below.



Complete a flow chart to show either the:

- ▶ digestive process
- ▶ respiration process
- ▶ circulation process.

You may use diagrams and words to complete your flow chart.





3 Health

When the word health is used, most people think of their weight, fitness and not being sick. However, your health has many more factors. Apart from the physical health of your body, there is also your mental health to consider, including your ability to cope with everyday life. This includes how you feel about yourself, what you think of others, how you cope with stress and the quality of life you have. These are important to your general health and wellbeing.

Your overall health includes:

- ▶ healthy eating
- ▶ being physically active
- ▶ having a healthy mind.



3.1 What is health?



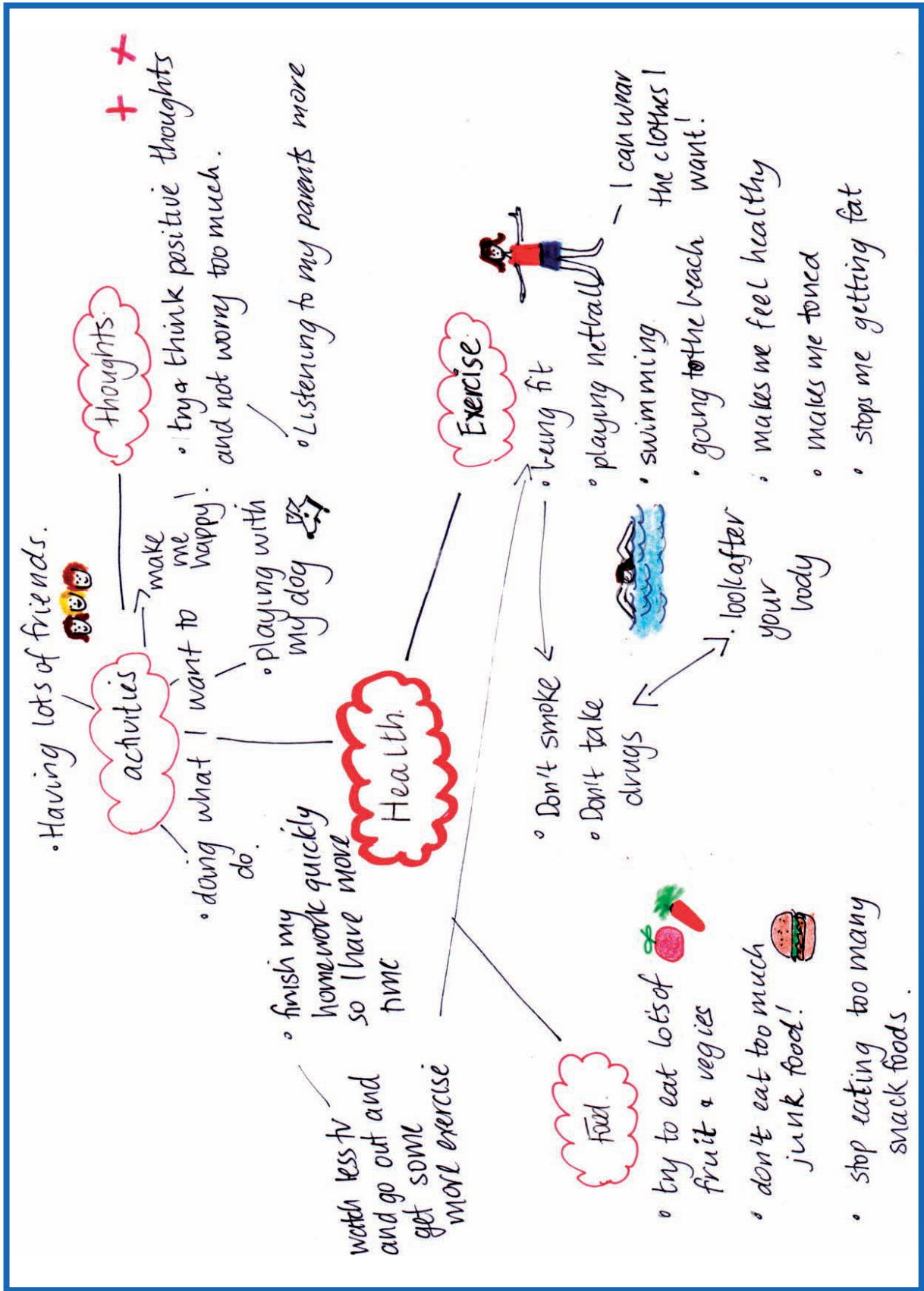
Create a concept map exploring your ideas about your own health. Some steps to help you are as follows.

- 1 Write the word 'health' or draw an image that means health in the middle of a blank A4 page.
- 2 Think about the main parts or categories of health such as physical activity, healthy eating and a healthy mind. Write these words around the heading of health and remember to give yourself room to add extra details.
- 3 Use words and pictures to brainstorm all the things that come into your head for each category.





Look at an example of a concept map that a student has just begun.





3.2 True or false?

Test your knowledge of the body's systems with the following true or false questions.

There are 300 bones in the human body.

true



false



Blood in your veins looks blue.

true



false



Food gets from the mouth to the stomach by the oesophagus.

true



false



The nervous system controls how worried you are.

true



false



The brain processes information and sends messages through nerves to direct your muscles to move.

true



false



The heart's job is to pump blood.

true



false



The stomach is shaped like a circle.

true



false



Your skeleton provides a framework for your body.

true



false



The heart has nine chambers.

true



false





3.3 Kids Only diary

There are many ways to monitor or watch your health. Monitoring your health can help you to make good decisions and find ways to improve how you feel.

One easy way to monitor or watch your health is to keep a diary. With this issue of *Kids Only*, you received a bonus diary to keep track of what happens to you each day. The main areas to monitor are:

- ▶ physical activity
- ▶ food intake
- ▶ emotions
- ▶ relationships.

Take some time to read through the diary and see what information you need to record each day. At the end of this module you will have kept a health and wellbeing diary for 10 days. It is important you are honest with your records.



When you see this symbol, it is a reminder to fill in your diary for the day. Information can be added to the diary throughout the day as things happen, or at the end of each day.

Begin your diary by recording what you did today in the 'Day 1' section.





**SETTING THE
SCENE**

**Feedback and
solutions**





2 The human body

2.1 Parts of the body

Students label as many parts of the body as they can onto a body diagram. Students may label bones, organs, systems and features. Knowledge will vary.

2.2 Systems in the body

System	Purpose	Parts
circulatory	Makes it possible for the body to move	Is made up of muscles, tendons, ligaments and cartilage
respiratory	Gives the body its shape and protects organs	Is made up of veins, arteries and capillaries
skeletal	Passes messages to and from the brain to the rest of the body	Is made up of the spinal cord and nerves
muscular	Pumps oxygen around the body in the blood	The lungs are the main part
nervous	Brings oxygen into the body and gets rid of carbon dioxide	Is the body's framework and is made up of bones and joints





2.3 How the body works

Answers may vary. An example is:

Interaction	Notes
Body parts: skeleton	This activity gave me information on what makes up bones. This activity also got me to name the bones in the skeleton. I then built a skeleton from scratch by clicking and dragging bones onto an empty skeleton.
Body parts: heart and circulation	In this activity I learnt that blood is pumped around your body about 70 times per minute. I also found out how to get my pulse rate, how to look after my heart and what a beating heart sounds like. I also did a quiz on the parts of the heart.
Body parts: muscles	In this activity I learnt about what muscles do and the names of the main muscles in my body. I completed a quiz about the muscles in the human body.
Body parts: respiratory system	In this activity I learnt the main parts of the respiration system and what their job is. I then got to build a respiratory system by clicking and dragging the parts.
Body parts: digestive system	In this activity I learnt the parts of the digestive system and what each does when we eat. I got to make a digestive system by dragging parts onto a body.
Body parts: skin	In this activity I learnt about the skin and how it covers my body as a protective barrier. I labelled the parts of the skin.

2.4 Flow chart

Answers will vary.





3 What is health?

3.1 What is health?

Students' concept maps will vary considerably. The focus is for students to recognise the factors of health, which include emotional and social health, as well as physical health.

3.2 True or false?

There are 300 bones in the human body.

true



false



Blood in your veins looks blue.

true



false



Food gets from the mouth to the stomach by the oesophagus.

true



false



The nervous system controls how worried you are.

true



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The brain processes information and sends messages through nerves to direct your muscles to move.

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The heart's job is to pump blood.

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