



My health in Australia



This sequence is intended as a framework to be modified and adapted by teachers to suit the needs of a class group.

Resources needed

- Y-chart template (optional)
- Being outside – Worksheet
- What is tax? – Video
- What is the government budget? - Video
- Our share – Investigation
- Balloons to blow up – one for each group of 5 students (and a few spares)
- Room for the groups to bump the balloons around

Suggested activity sequence

Part A: Our Health

- 1 Use a *grouping strategy* to organise students into groups of 5.
- 2 Explain that each person represents one aspect of health - physical, social, emotional, mental, spiritual.
- 3 Provide each group with a balloon to blow up.
- 4 Students join hands to make a circle of five people.
- 5 While staying connected, see how many times in 60 seconds students can tap the balloon without letting it hit the ground.

- 6 Repeat for another 60 seconds but this time, one person keeps their hands (and the hand connected to the person on either side of them) by their sides and does not participate in the tapping.
- 7 Ask: What happened?
- 8 Debrief: This is what happens when one part of your health is not functioning well. It has an impact on the others. Each part is important – especially in adolescence.

Part B: Look – sound – feel

- 1 Groups use a *Y-chart* to discuss and record what positive health and wellbeing looks like, sounds like and feels like for:
 - them
 - other young people
 - their community.
- 2 Groups share their responses with the class.

Part C: Being outside

- 1 Explain that students will be conducting a short activity to find out how and why connecting to the outdoor environment contributes to positive health and wellbeing.
- 2 Students individually complete part 1 of the *Worksheet*.
- 3 As a class, discuss why the outdoor environment is important to people's health and wellbeing.



- 4 Play: This video explains what tax is, who collects it and what it is used for.

What is tax?



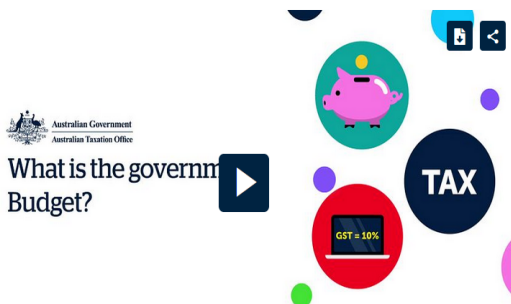
Source: Tax, super + you website

- 5 Pairs of students complete the part 2 of the worksheet.
- 6 As a class, discuss why the government uses tax revenue to fund outdoor space and whether this is a good use of taxpayers' money.

Part D: Our share

- 1 Play: This video as an introduction to the investigation.

What is the government budget?



Source: Tax, super + you website

- 2 Introduce the cost of health care in Australia.

The Australian Government spends a lot of money every year on many health and aged care services and sport programs. For example, in 2019–20, the government was forecast to spend \$104 billion on health, aged care and sport.

For the most recent statistics, visit budget.gov.au.

- 3 Pairs of students conduct an *investigation* into the cost of health care in Australia.
- 4 Pairs share their findings through class discussion.

