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VIDEO	LEVEL	LEARNING AREA	GENERAL CAPABILITY
Stress Less: Meditation	7-8	Health and Physical Education Investigate and select strategies to promote health, safety and wellbeing (ACPPS073)	<p>Personal and social capability</p> <ul style="list-style-type: none"> Select, use and analyse strategies that assist in regulating behaviour and achieving personal and learning goals <p>Critical and Creative Thinking</p> <ul style="list-style-type: none"> Inquiring – identifying, exploring and organising information and ideas Organising and processing information
	9-10	Health and Physical Education Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at short or long term risk (ACPPS091) Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095)	<p>Critical and Creative Thinking</p> <ul style="list-style-type: none"> Inquiring – identifying, exploring and organising information and ideas Organise and process information Generating ideas, possibilities and actions