**It Takes 7 suggested lesson sequence for Foundation to Year 6**

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Foundation | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Lesson 1  Part 1 | \* | \* | \* | \* | \* | \* | \* |
| Part 2 | \* | \* | \* | \* | Optional – mentor a younger class | Optional – mentor a younger class | Optional – mentor a younger class |
| Part 3 |  | \* Adapt | \* | \* | \* | \* | \* |
| Lesson 2 | \* | \* | \* | \* | \* | \* | \* |
| Lesson 3 |  |  | \* Adapt | \* Adapt | \* | \* | \* |
| Lesson 4 |  |  | \* Adapt | \* Adapt | \* | \* | \* |
| Lesson 5 | Teacher created  class health wheel | Teacher created  class health wheel | Teacher created  class health wheel | Teacher or Student created health wheel | Teacher or Student created health wheel | Student created  health wheel | Student created  health wheel |
| Lesson 6 | Teacher designed | Teacher designed | Teacher designed | Teacher designed | Teacher designed or Student/Teacher negotiated | Teacher designed or Student/Teacher negotiated | Teacher designed or Student/Teacher negotiated |
|  |  |  |  |  |  |  |  |
| Presentation | \* | \* | \* | \* | \* | \* | \* |
| Reflection | \* | \* | \* | \* | \* | \* | \* |

Appreciating *It Takes 7* (the ABC of health and wellbeing) will be a new concept for your students, regardless of the year level, you will need to take time introducing the foundational elements of the program. The chart above is designed to help you design your unit following the recommended It Takes 7 learning cycle.

Please note at the end of Lessons 1-5 you will find options for Lesson 6: Research and Investigations. These ideas may be helpful for targeting curriculum specific objectives for your students. For example, Lesson 2, **Media Reviews:**Visit 2-3 other health sites and read their tips for health and wellbeing on It Takes 7 healthcare topics. Use the wheel as a checklist to make sure all 7 aspects of healthcare are mentioned. This option links nicely to Year 5-6 elaboration: Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours (ACPPS0570).