

Hit the Ground Running

transitioning to High School

for primary school



Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.



Incursion Details

- * Sessions are interactive and involve a variety of games, stories, discussion and multi-media to engage and educate
- * Flexible to your timetable - catering for single, half-day or full-day sessions
- * Single sessions are between 60 and 90 minutes (depending upon year level)
- * Follow-up lesson plans and resources for teachers are included
- * Parent sessions are also offered on a number of topics
- * Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



Values for Life

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Learning Focus

The **Hit the Ground Running** incursion is specifically tailored to year 6 students facing the transition into secondary school. Research shows that transition to secondary school is a critical time for students - it is marked by several changes in educational expectations and practices and it prompts a variety of concerns, behaviours and emotions for students. Through a variety of **interactive activities, games, discussion, stories, multi-media, and video** the workshop seeks to equip year 6 students with the confidence to make a smooth transition with practical advice. We address issues such as what high school is like, organisational skills, making friends, cyber-bullying, decision-making, peer pressure and the importance of having goals.

The **Hit the Ground Running** incursion is recommended for upper primary. In addition to the student incursion, a complimentary teacher resource manual & curriculum is provided that can be implemented & modified to extend the learning outcomes in the classroom over several weeks.

Key concepts covered in the session:

- ▶ Going to secondary school is a new season which might entail both excitement and concerns
- ▶ What secondary school is like and how it differs from primary school in expectations and everyday life
- ▶ Organisational skills and the importance of being prepared
- ▶ Setting goals and being able to delay gratification
- ▶ Friendship skills and the importance of fitting in
- ▶ Peer pressure can be powerful - the importance in having good values and a supportive community to counter this
- ▶ Expectations will change as we grow older - the need to learn self-discipline and have a good attitude to learning
- ▶ Going to secondary school can be a great experience and not to be feared

Essential Learning Standards

Values for Life Incursions present an interactive and engaging student learning program that intertwines elements of all three strands of the curriculum, the key focus is on the following dimensions:

- **Building social relationships and working in teams** (Interpersonal Development)
- **Listening, viewing and responding** (Communication)

The table below shows those dimensions addressed and degree of emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams	X		X
Personal Learning	Personal Learning	* The individual learner		X	X
		* Managing Personal learning		X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
Thinking Processes	Thinking Processes	* Reasoning, processing & inquiry		X	X
		* Creativity, reflection & metacognition		X	X