



values for life

Hit the Ground Running

transition into secondary school

Learning Focus

The **Hit the Ground Running** seminar and curriculum 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 series of interactive games, personal anecdotes and stories, music, and video clips, this seminar addresses some of the fear, excitement and other issues specific to year 6 students. We also address issues such as bullying, decision making and peer pressure.

In addition to this student seminar, a complimentary teacher resource manual & curriculum is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Key concepts covered in the session:

The following are messages we want students to learn through the seminar:

- I know that life is full of changes
- We need to learn how to cope with change
- I know that going to secondary school is a big change and preparation is important
- We all need support and others need my support as well
- Peer pressure can be powerful - it's important to have good values and supportive community to counter this
- Expectations will change when I grow older - I need to learn self-discipline, organisation skills and have a good attitude to learning
- Going to secondary school can be a great experience and not to be feared

Essential Learning Standards

The Values for Life program presents a student learning program that intertwines elements of all three strands of VIC Curriculum with the key focus on the following dimensions:

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

The table below shows these dimensions addressed and the degree of emphasis

Strand	Domain	Dimension	Included	Focus	Major Focus	Teacher Manual
Physical, Personal and Social Learning	Health and Physical Education	Movement and physical activity Health knowledge and promotion	✓			
	Interpersonal Development	Building social relationships Working in teams	✓ ✓	✓		✓
	Personal Learning	The individual learner Managing personal learning	✓ ✓	✓	✓	✓
	Civics and Citizenship	Civics knowledge and understanding Community engagement	✓	✓		✓
Discipline-based Learning	The Arts, English, Humanities, LOTE, Mathematics, Science	Knowledge, understanding and skills gained through the various domains	This seminar will relate to a number of these discipline-based VELS domains depending on the duration and focus specifically developed for each session.			
Interdisciplinary Learning	Communication	Listening, viewing and responding Presenting	✓ ✓			
	Thinking Processes	Reasoning, processing and inquiry Creativity Reflection, evaluation and metacognition	✓ ✓	✓		✓

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

We aim to engage, impact and empower primary and secondary school students, providing learning outcomes that engender pro-social values, empathy and resilience. We are committed to working with the school to identify the most effective program that suits the needs of the school community and recognise that prevention programs are highly successful when part of a community effort.



Values for Life is associated with Concern Australia

Values for Life

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primary level