

➤ INTERACTING FOR HEALTH AND WELLBEING

Target Group: **Years 7 and 8**

Australian Curriculum Reference: **Health and Physical Education**

- + Investigate the benefits of relationships and examine their impact on their own and others' health and well-being (ACPPSO74).

LESSON SUMMARY

This content will be covered over a number of lessons.

Students will investigate the role of volunteering actively in the HPE environment for community or school based situations.

LESSON CONTENT AND METHODOLOGY

- + Class brainstorms what is meant by volunteering actively and come to an agreed definition.
- + Students research what associations, sporting groups and events exist or happen in the local environment and develop a corporate list of these. This could include sporting clubs and/or individual events such as fun runs and local school carnivals.
- + Students research their local volunteering website to see if there are any advertisements for volunteering vacancies in local sporting activities or for local active events. Students note these in their class workbooks.
- + Students select two associations, sporting groups or events from the corporate list and research what volunteering roles support those activities (for example catering managers, coaches, water runners, equipment officers, communications officers, referees, judges and record keepers).
- + Students identify which of these roles they would like to perform and find the contact details for the association. Students then email the group/association secretary or team manager offering their services, and ask whether there are any prerequisites such as qualifications or training. Teacher scaffolds the email for students, including advising that this is a class project and suggesting a timeframe for commencing the volunteering activity.
- + Teacher continues to monitor where students are up to with their contacts and assists with interventions as needed to ensure every student has a place where they can volunteer.
- + Students undertake the volunteering activity.

Reflection

After the activity, students complete the reflection worksheet (Worksheet 1). The teacher facilitates class discussions about the students' experiences.

ASSESSMENT

Students will be assessed on the following two pieces of work.

- + Worksheet 1: Reflection on volunteering experience: Interacting for health and wellbeing.
- + A written report. Students will write a report for the newsletter of the group they volunteered with about their volunteering experience, and submit it to the group for their consideration.

RESOURCES

- + Worksheet 1: Reflection on volunteering experience: Interacting for health and wellbeing

WORKSHEET 1

Reflection on volunteering experience: Interacting for health and wellbeing

Instructions to students

- + Paste these questions into your workbook or into a Word document.
- + Answer each question as fully as you can. You do not need to write out the question before you answer it, but you must indicate the number of the question you are answering at the start of each answer.
- + If you answer in a Word document please print it out when you are finished and put it in your workbook or folder.
- + We will be discussing your answers in class and I will be grading them as part of the assessment for this unit of work.

Questions

1. Name the association, group or event you volunteered for.
2. How long did you volunteer for?
3. What jobs did you do as a volunteer?
4. Who did you mostly interact with when you were volunteering?
5. Did you need any pre-training before you started volunteering? If so, what did you have to do?
6. Did you get any training on the job? If so, what was it?
7. Has your idea about what a volunteer is changed after doing this activity? If so, what has changed?
8. How did volunteering make you feel?
9. Would you do this again?
10. How could the group, association or activity organisers improve your volunteering experience?
11. Were there things that you discovered about the role you undertook that you did not know before you started?
12. Would you recommend volunteering to your friends? If so, why?