

Future Kick - For life beyond the classroom

Implementation Guide



About

Future Kick is on a mission to eradicate the phrase, “I wish I learned that at school” by creating short sharp teaching resources that help Year 7 and 8 students prepare for life beyond the classroom.

The unit of work consists of 5 modules: Physical Health, Mental Health, Community, Study Skills and Careers, and covers topics such as exercise, sleep, nutrition, mindset, relationships, goal setting and more.



PHYSICAL HEALTH

6 x Physical Health sessions:

Exercise Part 1 & 2,
Sleep Part 1 & 2,
Nutrition Part 1 & 2



MENTAL HEALTH

7 x Mental Health sessions:

Intro to Mental Health Part 1 & 2,
Managing Mental Health Part 1 & 2,
Mindset Part 1 & 2,
Technology & Mental Health



COMMUNITY

3 x Community sessions:

The Value of Community,
Relationships Part 1 & 2



STUDY SKILLS

5 x Study Skills sessions:

Intro to Study Skills Part 1 & 2,
Revision & Exams Part 1 & 2,
Goal Setting



CAREERS

2 x Career sessions:

Intro to Careers,
Skills for Work

How to use

The 20-minute sessions can be facilitated during tutor periods or used to kick-start a Health and Physical Education or Economics and Business lesson.

Several of the sessions also align with the Personal and Social Capability and Critical and Creative Thinking Capability, which you may reserve time to teach explicitly or integrate into other subjects.

With 23 sessions total, you can facilitate 1 per week over a semester, or 1 a fortnight across a whole school year.



Getting started...

1

Select a session and download the Presentation Slides

2

Familiarise yourself with the session components

3

Ensure students have a notebook or device to record their answers

4

Optional:
Plan an activity or homework task that encourages students to apply what they've learned

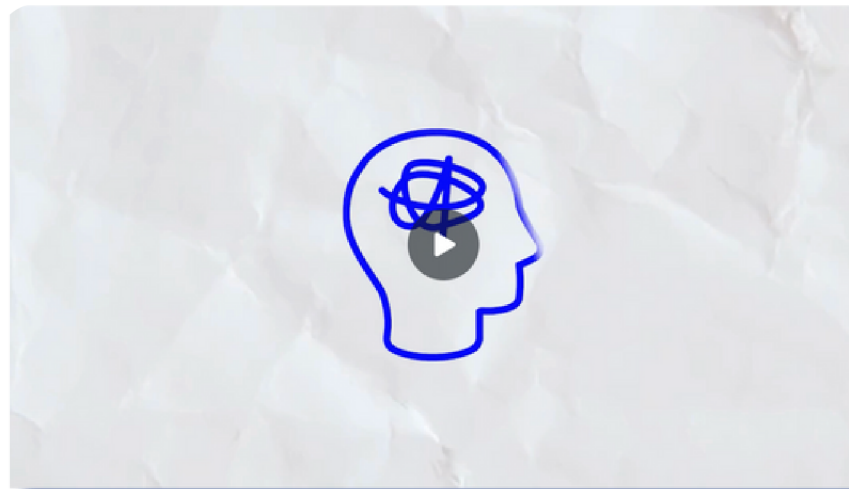
Session components

Everything you need to facilitate a session is embedded in the Presentation Slides, including curriculum mapping, a short video, reflection questions, discussion questions and a quiz.

Start the session by playing the video through a projector. When the video prompts students to complete a reflection question, pause it to allow them adequate time to answer. You can ask students to share their answers before resuming the video or at the end. Use the discussion and quiz questions to check their understanding before wrapping up the session.



Intro to Mental Health - Part 1
Health & Physical Education
Years 7 and 8
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Discussion Questions
Answer the questions in pairs or small groups, then discuss as a class.

DISCUSSION QUESTION 1
A person's mental health can affect:
• How they respond to a challenge
• The quality of their friendships
• Their ability to bounce back after a painful experience
Select one point from the list and discuss reasons why a person's mental health could positively or negatively affect this aspect of their life.

DISCUSSION QUESTION 2
Some factors that can contribute to a person's mental health are their:
• Environment
• Community
• School
• Family background
Select one factor from the list and discuss how it could positively or negatively impact a person's mental health. Generate as many ideas as possible and list them under the headings 'risk factors' and 'protective factors'.

Australian Curriculum
Year Level: Years 7 and 8
Curriculum Area: Health and Physical Education

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Curriculum Links:

- Analyse factors that influence emotional responses and devise strategies to self-manage emotions (AC9HP8P06)

3 GOOD HEALTH AND WELL-BEING
Ensure healthy lives and promote well-being for all at all ages.

Reflection Questions
Complete the reflection questions that featured in the video, and share your response with the class.

REFLECTION QUESTION 1
What are the three biggest factors which positively affect your mental health?
Examples:
• Your favourite lessons at school
• Gaming
• Spending time with friends
• Spending time in nature
• Family time
• Playing sport

REFLECTION QUESTION 2
What can someone do if they are feeling low or sad?
These could be from your own experiences or activities that you have seen help others.

Quiz Questions
Write your responses in a notebook and correct them as a class using the answers on the next slide.

QUIZ QUESTION 1
How many young people experience a diagnosable mental health condition such as depression or anxiety?

QUIZ QUESTION 2
Define mental health using some of the key terms featured in the video.

QUIZ QUESTION 3
The video mentions that the brain continues to develop until age 25. Suggest how this could impact a person's mental health.

Explore the Future Kick unit

Want to check out a specific module or see what else is on cool.org? Click on the icons to the right and you'll be directed to the corresponding landing page.



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