

# Hit the Ground Running

transitioning to secondary 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
- \* Offering a range of options – from a single session to several sessions for the same or different groups
- \* Single sessions are between 60 and 90 minutes (flexible to your timetable)
- \* Follow-up lesson plans and resources for teachers are included
- \* Parent sessions are also offered on several topics
- \* Costs are calculated on the number of sessions and location. Call or email us for a quick quote.



E: [info@valuesforlife.org.au](mailto:info@valuesforlife.org.au)  
W: [www.valuesforlife.org.au](http://www.valuesforlife.org.au)

## Learning Focus

The **Hit the Ground Running** incursion is specifically tailored for supporting year 6 students with the transition into secondary school. Research shows this transition 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 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:

- What secondary school is like and how it differs from primary school
- Exploring ways in which we can deal with change in a healthy way
- Organisational skills and the importance of being prepared
- Bullying & cyber-bullying – basic strategies & ways to cope
- Setting goals and being able to delay gratification
- Friendship skills and the importance of belonging
- The influence of peer pressure and how to solve problems
- The need to have self-discipline and have a good attitude to learning
- The importance of having values and goals to work towards

## 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 * Health knowledge & promotion	X	X	X
	Interpersonal Development	* Building social relationships * Working in teams	X	X	X
	Personal Learning	* The individual learner * Managing Personal learning		X	X
	Civics & Citizenship	* Civics knowledge and understanding * Community engagement		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 * Presenting	X	X	X
	Thinking Processes	* Reasoning, processing & inquiry * Creativity, reflection & metacognition		X	X