

Learning to eat well, be active and stay strong

Aboriginal family resources

The Early Years Learning Framework is the nationally mandated framework for all children in prior to school settings. It includes guidance for teaching and learning in the early years and a set of five learning outcomes that set children up as strong learners and capable people.

When children know about eating well, being active and feel good about themselves and how they get on with others, they have a strong sense of wellbeing. They build strong relationships and learn to manage their emotions. They learn to make healthy food choices and develop movement skills to participate freely in physical activity to grow up strong and healthy.

For more information on the Early Years Learning Framework go to:
<https://www.acecqa.gov.au/nqf/national-law-regulations/approved-learning-frameworks>



Learning at school

Early learning

A strong sense of wellbeing means:

Knowing that I can express myself through sport, music, visual arts, movement and dance

Knowing that I can manage my emotions, collaborate with others and feel happy

Knowing that I can play and learn with others and feel good about myself

Knowing that healthy food choices helps my body to grow and stay strong

I feel connected, have positive relationships and am empowered to flourish and succeed (all areas)

I can make healthy food and physical choices to look after my body (Physical education)

I develop social, emotional and physical wellbeing through the arts (Creative arts)

I can care for and respect others (Physical education)