

# HEALTH AND PHYSICAL EDUCATION

## CREATE, CONNECT, LEARN



FOUNDATION

### Lesson Overview:

Students will explore the idea that we can have different types of screen time (active and passive). Through discussion and drawing, students will identify examples of active screen time choices and classify digital activities as creating, connecting or learning.

### Learning Outcomes:

By the end of this lesson, students will be able to:

- identify different screen time examples
- recognise examples of creating, connecting and learning on digital devices
- draw and describe a screen activity they enjoy
- classify a digital activity as creating, connecting or learning

### Key Words:

Create, connect, learn, screen time, technology, online, digital device.

### Lesson Resources:

[Lesson Slides](#), [Worksheet](#), Colouring Materials.

## Curriculum Links

### Digital Technologies

- Identify and explore digital systems and their components for a purpose ([AC9TDIFK01](#))
- Use the basic features of digital tools to create, communicate and share ideas ([AC9TDIFP01](#))

### Health and Physical Education

- Identify people and actions that help keep them healthy, safe and physically active ([AC9HPFP06](#))

### English

- Engage in conversations and discussions, listening to others and taking turns when speaking ([AC9EFLY02](#))

## LESSON SLIDES

### Introduce:

- Watch the Screentime Superstars video introducing the concepts of Create, Connect and Learn.
- Discuss:
  - What do we use screens for?
  - Can screens help us learn?
  - Can screens help us talk to people we care about?
  - Can screens help us make something new?
- Introduce the three key ideas:
  - **Create** – making something new
  - **Connect** – talking or sharing with others
  - **Learn** – discovering or practising something new
- Show examples:
  - Reading Eggs = **Learn**
  - Drawing a picture on an iPad = **Create**
  - Video calling Grandma = **Connect**

### Explore:

Students....

- choose a screen activity where they are creating, connecting or learning
- draw what they would see on the screen using the worksheet
- circle whether their activity is:
  - Create
  - Connect
  - Learn
- Encourage students to explain their thinking:
  - "I chose Learn because..."
  - "I chose Connect because..."
  - "I chose Create because..."

### Reflect:

- Play (and sing along to) the Create, Connect, Learn
- Discuss:
  - What was the message from today's lesson?
  - Which of the three categories do you use most often?

### Exit Ticket:

"One way I can use a screen to create, connect or learn is..."