

# Learn FOOTBALL skills from your Jets heroes!



- 4 FREE lessons
- The Jets will visit 20 lucky schools
- 4 x lessons plans + worksheets
- Aligned to PDHPE curriculum

The Jets:LEARN Program is a primary school PDHPE curriculum aligned program comprising of 4 x 45 minute lessons

featuring fundamental movement skills and fitness exercises supplemented with a final 'challenge' to develop skills further and challenge competitors. At the conclusion of each lesson students are encouraged to complete a challenge and compare results.

**20 lucky schools that register will receive a bonus session with A-League mens and womens players visiting your school\*.**

**Plus, a free Greater Bank Sports pack for your school comprising:**

- 10 x soccer balls for your school to add to your sports equipment (size 5)
- 30 x mini size 1 balls for students to take home
- 4 x 45 minute lesson plans including video demonstrations from players
- Worksheets for the students to track their progress

### Program Overview:

#### Lesson 1 – FIRST TOUCH

- Jets player video introduction to the program and skill demonstration
- First touch skills

#### Lesson 2 – PASSING

- Jets player video welcome and lesson 2 skill demonstration
- Fitness/Agility
- Passing (long & short)

#### Lesson 3 – DRIBBLING

- Jets player video welcome and lesson 3 skill demonstration
- Fitness/speed
- Dribbling

#### Lesson 4 – GOAL SHOOTING

- Jets player video welcome and lesson 4 skill demonstration
- Agility
- Shooting Accuracy

#### **BONUS lesson for 20 lucky schools that register\***

- A visit from Newcastle Jets players\*
- Active participation in a skills session
- Talks around healthy eating and fuelling your body
- Q&A with students

\*20 schools will be chosen at random from those who register prior to Friday 8 September 2023 to receive the bonus lesson and sports pack. The winning schools will be notified by the Newcastle Jets after Friday 8 September 2023. If your school is located outside of Newcastle/Hunter a virtual session will be arranged. Greater Bank, part of Newcastle Greater Mutual Group Ltd ACN 087 651 992.



# Jets:LEARN PDHPE Curriculum Mapping

**Years:** 5 and 6 (Stage 3) **Age:** 11 and 12 years **NSW Board of Studies Curriculum:** Stage 3

Outcome	How Jets:LEARN satisfies the outcome	Relevant Lesson
<b>Health, Wellbeing and Relationships Outcomes – A student:</b>		
investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others PD3-2	For 20 lucky schools that register*, Jets:LEARN will include a bonus lesson with Newcastle Jets players. The players will speak to the students about adopting a positive attitude and behaviours in their life through discussion of positive mental and physical health habits.	Lesson 5
evaluates the impact of empathy, inclusion and respect on themselves and others PD3-3	Jets:LEARN includes a 'challenge' at the end of each lesson where students can compare their results with other students. This encourages students to explore the nature of competition, respect for others and themselves, and empathy.	Lessons 1–4
applies and adapts self-management skills to respond to personal and group situations PD3-9	Jets:LEARN requires students to practice physical exercises on their own and in groups as well as come together to compare 'challenge' results with other students. Students are required to self-manage while working individually and when interacting with the group.	Lessons 1–4
selects and uses interpersonal skills to interact respectfully with others to promote inclusion and build connections PD3-10	For 20 lucky schools that register*, Jets:LEARN includes an additional lesson where students discuss mental health and wellbeing with Newcastle Jets players, and prepare questions to ask the players in front of the class. Through this activity students are encouraged to display positive interpersonal skills and interact with other students and players in order to build connections.	Lesson 5
<b>Movement Skill and Performance Outcomes – A student:</b>		
adapts movement skills in a variety of physical activity contexts PD3-4	Jets:LEARN comprise four (4) different physical skills lessons based on football (soccer) and spanning a variety of physical activity contexts including football specific skills, fitness, strength, power, stability and agility.	Lessons 1–4
proposes, applies and assesses solutions to movement challenges PD3-5	At the conclusion of each Jets:LEARN lesson there is a 'challenge' activity that encourages students to explore the activity and make improvements across multiple attempts.	Lessons 1–4
selects, manipulates and modifies movement skills and concepts to effectively create and perform movement sequences PD3-11	Each Jets:LEARN lesson begins with the simplest form of the physical/movement skill and progressively takes students through more complex and challenging sequences.	Lessons 1–4
<b>Healthy, Safe and Active Lifestyles Outcomes – A student:</b>		
distinguishes contextual factors that influence health, safety, wellbeing and participation in physical activity which are controllable and uncontrollable PD3-6	Jets:LEARN includes discussion of contextual factors including diet, amount and type of physical exercise and mental health state. The program has been adapted to a covid-safe delivery format and includes discussion of adapting to the restrictions and how this has impacted people's physical health, activity and wellbeing.	Lesson 4
proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces PD3-7	Jets:LEARN is a flexible digital resource that allows students to undertake physical activity in a range of locations or restrictions. It encourages and motivates students to continue physical activity at home and interacting with others through regular challenges.	Lessons 1–4
creates and participates in physical activities to promote healthy and active lifestyles PD3-8	Jets:LEARN includes four (4) physical activity lessons of 45 minutes duration, to be completed over four weeks.	Lessons 1–4

Enrol your class now: [greater.com.au/jetslearn](https://greater.com.au/jetslearn)

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