



Fight Cancer  
Foundation™

*Giving hope.  
Saving lives.*

# Lesson Plans and Learning Activities Guide

- YEAR 7 TO YEAR 10 -



**Transform your Footy  
Colours Day – use our  
learning activities in your  
classroom to maximise  
learning opportunities!**



# Curriculum Resources

A range of classroom activities have been designed to assist teachers across three areas:

## 1. Trivia and Learning

With the help of our lesson plans, use Footy Colours Day to teach students the importance of *fitness, health, compassion and community participation*.

## 2. Activities

Colouring sheets, word searches, bingo and more can be found in the 'Activities and Games' section of our website or by clicking [here](#).

## 3. Competitions

Classroom decorating, banner design or storytelling competitions are great ways to encourage participation.

Each of these curriculum resources and activities aim to support teachers in developing a greater awareness amongst students of the purpose of participating in Footy Colours Day through:

### Learning

The use of the classroom lesson plans and activities that are aligned with the Australian Curriculum across the eight learning areas: English, Mathematics, Science, Health and Physical Education, Humanities and Social Sciences, The Arts, Technologies and Languages.

### Physical Activity

Students learning and participating in different physical activities and sporting games related to each of the different football codes that support Footy Colours Day: Australian Rules (AFL / AFLW), Rugby League (NRL) and Soccer (A-League).

### Participation

Schools register to participate in Footy Colours Day and students take an active role in the day by bringing a donation and by wearing their favourite footy team's colours to school.

More information about how schools can register for Footy Colours Day can be found in the [Register](#) section of our website. Tips and ideas to support your Footy Colours Day event can be found by clicking [here](#).



# Acknowledgements

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These curriculum resources have been designed to be fun and engaging activities that can be used from Foundation to Year 6 across the eight learning areas of the Australian Curriculum. Each activity is accompanied by a lesson plan that includes clear reference to the *learning focus*, *learning intention* and *success criteria* related to the Content Description and Achievement Standards of the learning area being covered.

We acknowledge that there is a strong connection to the Health and Physical Education curriculum and where possible links have been made to other key learning areas (refer to the Lesson Plan/Activity Matrix).

A number of activities listed in this curriculum resource include links to resources that are available from the official websites of the supporting football codes: Australian Rules (AFL), Rugby League (NRL) and Soccer (Football Federation Australia). These have been used as public-access sites with the intent to use these as additional school resources. We acknowledge the resources that have been developed and are available for schools to access.

We would also like to acknowledge the Australian Football League, National Rugby League, A-League in partnership with Football Federation Australia, and associated clubs and Footy Colours Day Ambassadors for their support of Footy Colours Day.

A full list of our Footy Colours Day Ambassadors is available to view in the 'Our Story' section of our website or can be viewed by clicking [here](#).

## Lesson Plans and Activity Matrix

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Lesson plans and classroom activities, referred to as *Learning Activities*, have been developed by teachers to be used from year 7 to 10 across the eight learning areas of the Australian Curriculum. The Lesson Plans and Activity Matrix, found on the next page, list the different activities across each year level and can be used to identify links to each of the learning areas of the Australian Curriculum.

As Footy Colours Day is a national campaign, the Australian Curriculum has been used as a reference and as the guiding curriculum framework for the development of these curriculum resources. Each of these lesson plans and activities can be adapted to further reflect the learning outcomes and achievement standards outlined by the relevant State and Territory Curriculum Framework.

With the help of our lesson plans, teachers are encouraged to use Footy Colours Day to teach students the importance of *fitness*, *health*, *compassion* and *community participation*. The lesson plans and activities listed provide the scope to cover key elements of the Health and Physical Education curriculum and provide references to other learning areas that can be integrated across the various activities.

Learning Area	Years / Level	
	Years 7 to 8	Years 9 to 10
<b>Health and Physical Education</b>	<b>Learning Activity #17</b> <i>Playing Our Game (Fit for Footy)</i>	<b>Learning Activity #18</b> <i>Playing Our Game (Fit for Life)</i>
<b>English</b>	<b>Learning Activity #19</b> <i>In the News: A Focus on Footy</i>	<b>Learning Activity #20</b> <i>In the News: A Focus on Footy Colours Day</i>
<b>Mathematics</b>	<b>Learning Activity #21</b> <i>Footy Data: Understanding the Data</i>	<b>Learning Activity #22</b> <i>Footy Data: Using the Data</i>
<b>Science</b>	Learning Activities 17 and 18 under Health and Physical Education can be adapted to include the Content and Achievement Standards outlined in the <i>Science Understanding</i> strand and <i>Biological Science</i> sub-strand of the Science curriculum.	
<b>Humanities and Social Sciences (HASS)</b>	Learning Activities 19 and 20 under English can be adapted to include the Content and Achievement Standards outlined in the <i>Civics and Citizenship</i> curriculum.	
<b>The Arts</b>	<b>Learning Activity #23</b> <i>Footy Colours Day: Our School</i>	<b>Learning Activity #24</b> <i>Footy Colours Day: Our Community</i>
<b>Technologies</b>	Reference has been made to the <i>Processes and Production Skills</i> strand of the <i>Digital Technologies</i> in Learning Activities 23 and 24. Other learning activities can be adapted to further include areas of the <i>Digital Technologies</i> curriculum.	
<b>Languages</b>	Learning Activities can be adapted to include the Content and Achievement Standards outlined in the <i>Communications</i> strand of the <i>Languages</i> curriculum and other areas of the Languages curriculum.	

### Duration of Lessons

Each lesson is designed to run for approximately 60 minutes based on a learning model that allows students to *connect* with their learning through the main learning activity and an opportunity to *extend* their learning through suggested extension activities.

- Introduction (10 mins)

- Learning Activity (30 mins) \*\* May include reference to prior-learning and involve several learning activities
- Extension Activity (15 mins)
- Class Discussion and Sharing (5 mins)

Lesson plans and activities including the duration of each lesson can be adapted to meet the learning needs of students and to adhere to the organisational structures across different schools.

**Note:** The listed learning activities may also be extended as a series of lessons within a unit of work.

Adapted from *How Students Learn – Improving How Students Approach Learning* (Visible Learning<sup>plus</sup>, Corwin).

## Sample timetable

(Year 7/8)

<b>Session 1</b>	<b>English</b> – Learning Activity #19
<b>Session 2</b>	<b>Mathematics</b> – Learning Activity #22
<b>Session 3</b>	<b>Health and Physical Education</b> – Learning Activity #17
<b>Session 4</b>	<b>The Arts</b> – Learning Activity #23

Whole school activities are the perfect way to bring your community together. Consider incorporating any of the following into your day; football clinics lead by senior students, modified games featuring students vs teachers/parents, parades, competitions and even sausage sizzles.

## Supporting Resources

The following resources and curriculum links were used in the development of these lesson plans and activities.

**Source:** Australian Curriculum (F – 10 curriculum)  
 Australian Curriculum, Assessment and Reporting Authority (ACARA)  
**Link:** [www.australiancurriculum.edu.au/](http://www.australiancurriculum.edu.au/)

**Source:** The Silver Sea  
Alison Lester and Jane Godwin (authors)  
**Link:** [www.janegodwin.com.au/the-silver-sea](http://www.janegodwin.com.au/the-silver-sea)

**Source:** AFL Football Classroom Activities  
AFL (Schools)  
**Link:** [www.aflcommunityclub.com.au/](http://www.aflcommunityclub.com.au/)

**Source:** Play Rugby League - Coaching  
Resources  
National Rugby League (NRL)  
**Link:** [www.playrugbyleague.com/coach/coaching-resource-search/](http://www.playrugbyleague.com/coach/coaching-resource-search/)

**Source:** Play Football  
Play Football (Football Federation  
Australia)  
**Link:** [www.playfootball.com.au/teacher-resources](http://www.playfootball.com.au/teacher-resources)

**Source:** Understanding statistics - ABS sports stats (AFL / NRL)  
Australian Bureau of Statistics (ABS)  
**Link:** [www.abs.gov.au/websitedbs/a3121120.nsf/home/ABS+Sports+Stats](http://www.abs.gov.au/websitedbs/a3121120.nsf/home/ABS+Sports+Stats)



## Special thanks!

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We would like to acknowledge the support of **Andrew Bryson** in developing and collating the lesson plans and activities used in this curriculum resource to support Footy Colours Day.

In partnership with Fight Cancer Foundation, Andrew has supported our work through various fundraising campaigns and recently visited The Royal Children's Hospital Education Institute, Melbourne to witness the wonderful care that the teachers and staff at The Royal Children's Hospital provide for the many children suffering from cancer and the support they provide for their families.

Andrew has been involved in education for over 18 years and for the past five years was an Assistant Principal at a large Catholic secondary school. As a Health and Physical Education teacher, he has taught Health and Physical Education across all year levels from Prep to Year 12 including VET Sport and Recreation. He is also an Accredited Level 2 AFL Coach with over 20 years' experience playing and coaching sport from junior to representative level.

Andrew has drawn on his teaching experience and passion for sport in developing the various learning activities in this guide. He hopes that this resource is useful for teachers and encourages more schools to participate in Footy Colours Day developing a broader awareness of the work of Fight Cancer Foundation in supporting children and young people with cancer.

Drawing on his extensive teaching and leadership experience within education and sport, Andrew is currently working as an educational consultant supporting schools and other organisations in the areas of school improvement, leading learning and teaching as well as developing curriculum programs designed to engage and inspire students.

Remember to use  
[#FOOTYCOLOURSDAY.COM.AU](https://www.footycoloursday.com.au)  
when sharing photos from your  
Footy Colours Day event!

