

Title: The Heartbeat of the Land
Author: Cathy Freeman with Coral Vass
Illustrator: Tannya Harricks
Publisher: Larrikin House
Target Age Group: 3-8 years
Key Curriculum Areas: English, The Arts, HASS, Science, HPE & SEL

KEY CURRICULUM LINKS

English:

Foundation: ACELA1426, ACELA1434, ACELA1428
Years 1&2: ACELA1448, ACELT1586, ACELY1655, ACELT1593

The Arts:

Foundation: ACAVAM106, ACAVAM108, ACAMUM080
Years 1&2: ACAMAM054, ACAMAM056, ACAVAM108

HASS:

Foundation: ACHASSI001, ACHASSI009, ACHASSK017
Years 1&2: ACHASSI018, ACHASSK031, ACHASSK032, ACHASSI042, ACHASSK049, ACHASSK050

Science:

Foundation: ACSSU002, ACSSU004, ACSIS012
Years 1&2: ACSHE022, ACSIS024, ACSSU030, ACSHE035

SYNOPSIS

Cathy ran barefoot every day across the great ancient land, as her people had done for sixty thousand years before. And when she ran she could hear the heartbeat of the land. Then one day, Cathy hears a cry. She answers this cry and with one small step at a time, the seeds of change are planted.

Cathy Freeman has always been an inspiration to young people. Here, she does it again through storytelling - just as her people have done, for sixty thousand years before... Listen, and you too, will hear the Heartbeat of the Land.

USING THESE NOTES

These teachers notes and suggested activities have been organised under the Australian Curriculum and are based on themes explored in the story. Activity sheets are provided for classroom use and are best suited to years F to 2. Further resources and activities are available from larrikinhouse.com.au

THEMES

First Nations
Cathy Freeman
Storytelling
Connection to Country
Indigenous Perspectives
The Environment
Language
Australian Wildlife
Famous Sports Personalities



ACTIVITIES

BEFORE READING

Questions to ask:

1. What do you think this story might be about?
2. Can you point out the following features of the book?
(Spine, title, illustration, front page, back page, blurb, end papers).



DURING READING

Recognising rhyming words - Ask students to put up their hand when they notice any rhyming words on a selected page. (ACELA1439) (ACELT1585)

Recognising alliteration - Ask students to put up their hand when they notice any alliteration used in the story. (ACELA1439) (ACELT1585)

Clap the rhythm - On a selected page, students place their hands on their hearts and drum along to the heartbeat of the land. Ba Boom, Ba Boom, Ba Boom.
(ACELT1585)

Questions to ask:

1. What do you think will happen next?
2. Do you think Cathy will be able to help the land recover?
3. Have you ever gone for a run or a walk and noticed the animals and the environment?
4. Have you or someone in your family ever tried to change something in your environment?
5. What do you know about Cathy Freeman?
6. Can you make any connections to the story so far?
(ACELT1575) (ACELY1646) (ACELT1582) (ACPPS020) (ACPPS004)



AFTER READING

Questions to ask:

1. What did you enjoy most about the story?
2. Where do you think this story was set? Why?
(ACELY1646) (ACELT1581)



SUGGESTED ACTIVITIES:

1. Cloze passages: Choose a section of text and omit words. Students to fill in the blanks.

Curriculum Links: (ACELA1435) (ACELA1434) (ACELA1786) (ACELY1650) (ACELA1447) (ACELA1448)

2. Australian Animal Profile: Students draw the animals in the story and write their name underneath each picture.

Curriculum Links: (ACELT1783) (ACAMAM054) (ACAMAM056) (ACAVAM108) (ACTDEP007) (ACELA1586)

3. Word Search: Create a word search using words from the text.

Curriculum links: (ACAMAM054) (ACAMAM056) (ACELY1663) (ACELA1586) (ACTDEP007) (ACELY1653)

4. Retell Activities:

a. Create a table with the following headings: Setting (Where?) - Characters (Who?) - Problem (What?) - 1. In the beginning - 2. Next - 3. Then - 4. Finally - 5. Solution - 6. Lastly. Ask students to write or draw the order of events in the story.

b. Write short sentences which retell the story and jumble them up. Ask students to put them in the correct order.

Curriculum Links: (ACELT1578) (ACAMAM054) (ACAMAM056) (ACELY1663) (ACELA1586) (ACTDEP007)

5. Acrostic Language Poem: Students choose a First Nations word from the story or from language from their own areas and write an acrostic poem. Use the websites listed under 'Further Resources' to guide students.

Curriculum Links: (ACELY1651) (ACAMAM056) (ACELA1426) (ACELA1428)

6. Write a blurb: Explore the existing blurb on the back cover. Explain the purpose of the blurb to the students and ask them to create their own.

Curriculum Links: (ACELY1651) (ACELA1586)

7. Information Poster: Who is Cathy Freeman? Create a class information poster about what makes Cathy special. Explore other inspirational First Nations peoples based on student interest.

Curriculum Links: (ACAMAM054) (ACELT1581) (ACELT1582) (ACHASSI001) (ACHASSI002) (ACHASSI003)

8. Spiritual Totems: Cathy's spiritual totem is the White Cockatoo. Connect students to the animals in the story. Students could write or draw about totems and animals they connect with.

Curriculum Links: (ACELT1578) (ACELT1580) (ACELT1831) (ACELY1651) (ACAMAM054) (ACAMAM056) (ACTDEP007) (ACTDEK004) (ACHASSI001) (ACHASSI002) (ACHASSK017)

9. Australian Animal Bookmark: Create a bookmark using the animals from the story.

Curriculum Links: (ACELT1783) (ACAMAM054) (ACAMAM056) (ACAVAM108) (ACTDEP007) (ACELA1586)

10. The Heartbeat of Our Land: Plant some native seeds and watch them grow. Explore the impact that growing plants has on the environment.

Curriculum Links: (ACELT1578) (ACELT1580) (ACELT1831) (ACELY1651) (ACAMAM054) (ACAMAM056) (ACTDEP007) (ACTDEK004) (ACSSU030) (ACSHE035)

11. Illustration Investigation: Explore Tannya Harricks' illustration style and create artworks based on the style.

Curriculum Links: (ACELT1783) (ACAMAM054) (ACAMAM056) (ACAVAM108) (ACTDEP007) (ACELA1586)



ABOUT THE AUTHOR

Cathy Freeman is a proud Kuku Yalanji woman. She is also an Australian Indigenous Olympic champion. She ran her first race when she was five and realised that she loved the way racing made her feel.

Cathy Freeman was a member of the gold medal-winning 4x100m relay team at the 1990 Auckland Commonwealth Games, and in so doing became the first female Australian Aboriginal to win a gold medal at an International athletics event. She was awarded Young Australian of the Year in 1991 and Australian of the Year in 1998. She was also crowned World Champion in the 400m in both 1997 and 1999.

Cathy's most notable achievement, however, came in 2000 at the Olympic Games in Sydney. Her image was beamed into millions of homes around the world when she became the first competing athlete to be invited to light the Olympic flame at the opening ceremony. She then went on to win the gold medal in the 400m, realising a life-long dream.



ABOUT THE CO-AUTHOR

Coral Vass is an award-winning Australian children's author. She has always loved telling stories and has been writing books for more than a decade. Coral is an ambassador for Reading Out of Poverty and is passionate about giving all children an equal opportunity to read.

ABOUT THE ILLUSTRATOR

Tannya Harricks is an award-winning illustrator and artist who has previously illustrated several picture books about Australian animals and the vast Australian landscape. Tannya lives in Sydney near a National Park which provides endless inspiration for her illustrations and oil paintings.



Stories with Humour & Heart

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FURTHER INFORMATION & RESOURCES:

Cathy Freeman: <https://aiatsis.gov.au/explore/cathy-freeman>

Cathy Freeman Foundation: <https://www.cathyfreemanfoundation.org.au>

Cathy Freeman Instagram: www.instagram.com/cathyfreeman

Coral Vass Website: www.coralvass.com

Coral Vass Instagram: www.instagram.com/coralvass

Tannya Harricks Website: www.tanyaharricks.com

Tanya Harricks Instagram: www.instagram.com/tanyaharricks

ISBN: 9781922503848 (Hardback)

Book Trailer: <https://youtu.be/laVL-DgZMqA>

Curriculum resources:

<https://aiatsis.gov.au/education>

<https://www.narragunnawali.org.au/curriculum-resources>

<https://aiatsis.gov.au/explore/map-indigenous-australia>

<https://gambay.com.au>



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Australian Animal Profile

Sketch each animal below. Can you write a fact about each animal?

Cockatoo

Kangaroo

Emu

Penguin



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@cathyfreeman & @coralvass

ILLUSTRATED BY: Tannya Harricks

@tanyaharricks

Acrostic Language Poem



Write a word or sentence for each letter of your chosen word below to create your poem.

Example:

J umping kangaroos by the billabong _____

U p jumps a rainbow trout - Splash! _____

K ookaburra laughs loudly - Koo ka ka ka! _____

U nder the trees, we lie in the shade _____

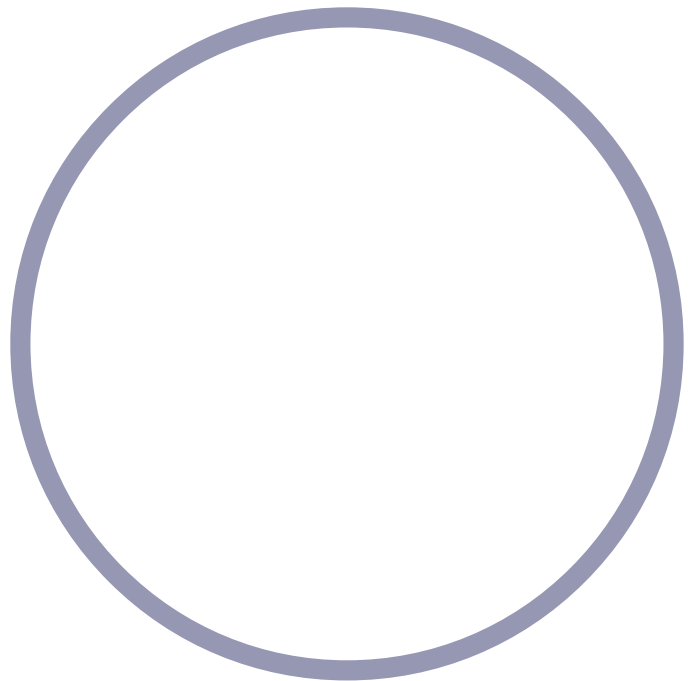
Now you try :



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Spiritual Totems

Cathy's spiritual totem is the White Cockatoo. If you had a spiritual totem, which animal would it be and why?



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