

Questions for discussion

Episode 24
26th August 2014

Ice Bucket Awareness

1. Summarise the *Ice Bucket Awareness* story.
2. The Ice Bucket challenge is trying to raise awareness about Motor Neurone Disease. What's it known as in the USA?
3. Explain why Trinity got involved in the challenge.
4. Describe what happens to the body when someone develops Motor Neurone Disease.
5. What did Trinity notice in her dad before they knew he had MND?
6. There is no known cure for Motor Neurone Disease. True or false?
7. What's the main thing that needs to happen, according to Trinity?
8. Explain what motor neurons are.
9. About how long has Corey lived with MND?
10. Why does Trinity say "I'd like to say thank you to all the people who've done the ice bucket challenge".

Write a message about the story and post it in the comments section on the story page.

Fresh Faced Friday

1. Discuss the BtN story with another student. Share the main points of your discussion with the rest of the class.
2. Describe Brooke's approach to life.
3. What does Brooke say gave her resilience?
4. What is *Fresh Faced Friday*?
5. Why is Brooke passionate about the issue of body image?
6. How did she get the *Fresh Faced Friday* campaign started?
7. What do you think makes a person unique?
8. What factors do you think affect a person's body image?
9. What do you understand more clearly since watching this story?
10. What else do you think can be done to help encourage positive body image in young people?

Check out the BtN *Fresh Faced Friday* resource on the Teachers page

<http://www.abc.net.au/btn/teachers.htm>

Vote in the BtN poll. Go to <http://www.abc.net.au/btn/polls.htm>

Maritime Past

1. When did the First Fleet set sail to Australia?
2. About how long did the trip from England to Australia take?
3. Where do the kids in the story go to find out about life on the ships?
4. Describe the conditions on the ship for third class passengers.
5. What food did they get for dinner?
6. What is scurvy and why did people contract it on the ships?
7. How did they treat people when they developed gangrene?
8. What were leeches used for?
9. Deaths at sea were common. On average how many passengers never made it to Australia?
10. Imagine you are a child on the ship. Write a paragraph describing what it was like.

Check out the BtN *Maritime Past* resource on the Teachers page

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Landcare Kids

1. What is the aim of Landcare week?
2. Describe what the school kids are going to do as part of Landcare Week.
3. What kind of trees are they going to plant for the koalas?
4. Landcare has given the school some money to help restore the land. True or False.
5. List some of the weeds Matt and the students come across that need to be removed.
6. How do you know if the river is in good shape?
7. How do they plan to fight erosion?
8. What are the differences between native plants and feral plants?
9. Which animals have done damage over time?
10. Why is it important to take care of the land?

Do the quiz on the BtN website <http://www.abc.net.au/btn/quiz.htm>

Basketball Talent

1. Briefly summarise the *Basketball Talent* story.
2. Name an Australian playing in the NBA.
3. The first Aussie to play in the NBA was
 - a. Andrew Bogut
 - b. Luc Longley
 - c. Andrew Gaze

4. Describe the training that the Under 14 Sturt Basketball team do.
5. Why is height a big advantage when playing basketball?
6. What other skills are needed?
7. How did the doctor work out how tall Hayden will be?
8. Complete the following sentence: Getting kids involved while they're young and teaching them the right things will...
9. Who has been named the number one high school player in the US?
10. What character traits do you think are needed to be a successful sports person?

Write a message about the story and post it in the comments section on the story page.

Fresh Faced Friday

Key Learning

Students will investigate what body image is, what influences it and the impact images in the media have on a person's body image.

The Australian Curriculum

Health and Physical Education/Personal, Social and Community Health/Being healthy, safe and active

Explore and cultural identities and how they change and adapt to different context and situations *Years 5 and 6*



Investigate community resources and strategies to seek help about health, safety and wellbeing *Years 5 and 6*



Health and Physical Education/Personal, Social and Community Health/Being healthy, safe and active

Investigate the impact of transition and change on identities *Years 7 & 8*



Discussion Questions

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2. Describe Brooke's approach to life?
3. What does Brooke say gave her resilience?
4. What is *Fresh Faced Friday*?
5. Why is Brooke passionate about the issue of body image?
6. How did she get the *Fresh Faced Friday* campaign started?
7. What do you think makes a person unique?
8. What factors do you think affect a person's body image?
9. What do you understand more clearly since watching this story?
10. What else do you think can be done to help encourage positive body image in young people?

Activities

Discussion – What is body image?

Discuss the issues raised in the BtN story. Students brainstorm their ideas about what body image means. What is positive (or healthy) body image? Think about all the things which would help a young person to develop a positive body image. What is negative (or unhealthy) body image? Students could use an online brainstorming tool such as Bubbl.us <https://bubbl.us/> to create a mind map.

What influences body image?

Working in pairs, students reflect on the following questions:

- What factors affect your own body image?
- What is self esteem?
- How is body image connected to self esteem?
- How does negative body image
- Do you care about how others see you? Who do you think influences you more – your friends (peers), adults, the media?
- Why is the way you see yourself important (self esteem, confidence, physical wellbeing)?
- Do you think body image affects males and females in the same way? Why or why not?

How do you think young people could be supported or encouraged to have a positive body image?

Further Investigation: How does the ideal image of a woman's body differ in other cultures and historic times? How does this compare to the ideal image of a man's body?

Body Image and Advertising

Discuss with students the role the media plays in influencing a person's body image. Ask students to consider the following:

- What sorts of images are we exposed to from popular media (advertising, magazines, TV, movies)?
- What techniques are used to alter or change images? Why are the techniques used?
- Is diversity shown in advertising (consider cultural background, body shape, age)?

Look through a range of fashion magazines and select and cut out images of male and females that you think portray negative, unrealistic, unhealthy or distorted body images. Create a collage using the images. What message are the images sending to young people?

Find examples in the media of fashion or beauty companies that are trying to portray a more realistic view. What strategies are they using? Do you think it is effective? An example is the Dove Evolution commercial

<https://www.youtube.com/watch?v=hibyAJOSW8U&list=PL8EFBF50F0919A733>

Ask students if they think the commercial is effective. Why or why not?

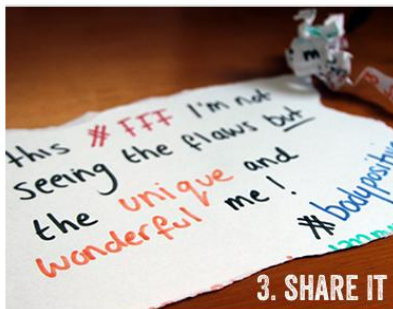
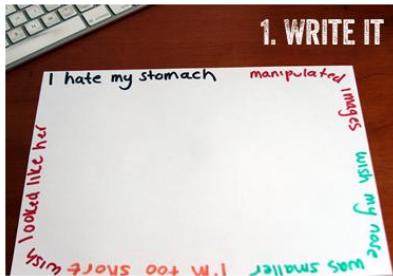
Working in pairs or small groups, students create their own advertisement that encourages young people to have a positive body image.

Further investigation

Students respond to the following statement: Using computer-enhanced photographs is dishonest and should be banned.

Fresh Faced Friday Campaign

Older students could get involved in the *Fresh Faced Friday* Campaign. Here's what they do:



On a piece of write down what you want to “Tear Up” around the outside of the paper i.e. *negative self talk you find yourself saying about your body, media practices you want to see changed.*

Tear It Up

Tear all that negative stuff from the outside of the paper, scrunch it up and throw it away as a symbol of taking a fresh and healthy look at you.

Share It

On your torn blank centre write your #FFF message of support for you and others to be body confident. Take a snap and share your #FFF “Tear It Up” message

To find out more visit the Fresh Faced Friday website <http://www.tuneinnotout.com/fff/>

Related Research Links

Behind the News - Body Image

<http://www.abc.net.au/btn/story/s3314146.htm>

Kids Helpline – Body Image

<http://www.kidshelp.com.au/teens/get-info/hot-topics/body-image.php>

Reach Out – What is body image?

<http://au.reachout.com/what-is-body-image>

Fresh Faced Friday – Official website

<http://www.tuneinnotout.com/fff/>

Child and Youth Health – Body Image

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=287&id=1634>

Activity

Maritime Past

Key Learning

Students will investigate the living conditions on board the ships travelling to Australia in the 1800s.

The Australian Curriculum

History / Historical Knowledge and Understanding / First Contacts

Stories of the First Fleet, including reasons for the journey, who travelled to Australia, and their experiences following arrival. [\(ACHHK079\)](#) Year 4



History / Historical Skills / Historical questions and research

Pose a range of questions about the past [\(ACHHS083\)](#) Year 4



History / Historical Skills / Explanation and Communication

Develop texts, particularly narratives [\(ACHHS086\)](#) Year 4



Use a range of communication forms (oral, graphic, written) and digital technologies [\(ACHHS087\)](#) Year 4



History / Historical Knowledge and Understanding / The Australian colonies

The reasons people migrated to Australia from Europe and Asia, and the experiences and contributions of a particular migrant group within a colony Year 5



Discussion Questions

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6. What is scurvy and why did people contract it on the ships?
7. How did they treat people when they developed gangrene?
8. What were leeches used for?
9. Deaths at sea were common. On average how many passengers never made it to Australia?
10. Imagine you are a child on the ship. Write a paragraph describing what it was like.

Activities

Migration in the 1800s

Students will investigate why people migrated to Australia in the 1800s. Ask students' to find out what the following terms mean:

- Migration
- Colonial Government
- Free settlers
- Assisted immigration

Students create a timeline of Australian migration in the 1800s. Discuss with students the significant events to include in their timeline. The Migration Heritage website may help students with their research

<http://www.migrationheritage.nsw.gov.au/exhibition/objectsthroughtime-history/about-objects-through-time/>

The Journey to Australia

Show the journey from England to Australia including stops along the way by either hand drawing or using an online mapping tool like Google maps <http://maps.google.com> or Scribble maps <http://scribblemaps.com/>



Life on board the ships

What did the BtN story tell you about living conditions on the ships travelling to Australia in the 1800s? Students research in more detail what life was like at sea for migrants on board the ships.

Research questions

- How long was the journey on the ships from England to Australia?
- What was hygiene like on board the ships?
- What food was eaten?
- What was the accommodation like for passengers?
- What pests were on the ships?
- What diseases were common on board the ships (typhoid, malaria and scurvy)?
- How were sick people treated?
- How did weather affect the journey?
- What was a typical day on board the ships (including daily routines)?



Source: State Library of Victoria

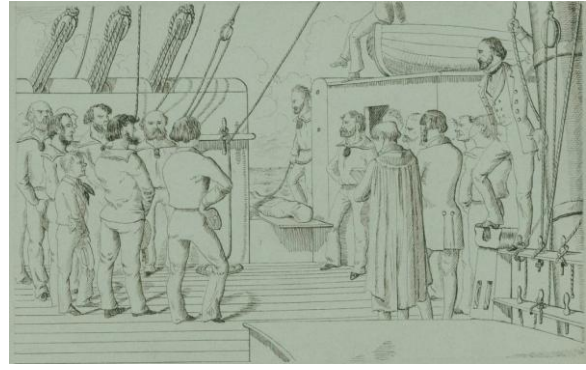
Students can show their learning in one of the following ways:

- Write a letter to your family home in England describing the conditions on board the ship and how you're feeling.
- Write a diary entry that describes living conditions on board the ship including information about hygiene and sickness. Include a reflection on how you're feeling about being on the ship.
- Create an artwork that shows an aspect of life on board the ships.

Images from the ships

Below are some photos and drawings that show an aspect of life on board the ships. Students create a caption for each image and then choose one to explore in more detail. They can present the information as a poster and create a class display.





Evaluate

Students will reflect on their learning

- I learned that...
- I enjoyed/did not enjoy...
- I want to know more about...
- I was surprised to discover that...

🔗 Related Research Links

Behind the News – First Fleet

<http://www.abc.net.au/btn/story/s3934600.htm>

Museum Victoria – Journeys to Australia

<http://museumvictoria.com.au/discoverycentre/websites-mini/journeys-australia/1850s70s/>

Migration Heritage Centre – Objects Through Time

<http://www.migrationheritage.nsw.gov.au/exhibition/objectsthroughtime-history/about-objects-through-time/>

History SA – Hygiene on board

<http://boundforsouthaustralia.net.au/journey-content/hygiene-on-board.html>

BtN: Episode 25 Transcript 2/9/14

Coming up

- You've seen the challenge but do you know what it's all for?
- Rookie Reporter Brooke tells us about the campaign she's come up with to help kids see themselves differently.
- And Australia's basketball talent is now being exported to the world - we ask these kids what the secret is.

Hi I'm Nathan, and this is Behind the News.

Ice Bucket Awareness

Reporter: Emma Davis

INTRO: First up we're going to take a look at the ice bucket challenge, the viral phenomenon you saw at the top of the show that's taken the world by storm. Hundreds of thousands of people have gotten involved and millions of dollars have been raised. But do you know what it's all for? You might have heard that donations are going to ALS, also known as Motor Neurone Disease in Australia. But what is that? And how does it affect people? Here's Emma, with one girl's very personal story.

REPORTER, EMMA DAVIS: How many of these have you seen over the past few weeks? Ice bucket challenge videos are everywhere right now, but here's one you might not have seen before.

This is Trinity and her mum Cherie doing it. But they weren't nominated by anyone. They got involved because Trinity's dad has motor neurone disease, the cause at the centre of this worldwide campaign.

TRINITY: It was something I felt like I had to do, well not had to do but something that I wanted to do."

COREY: "The ice bucket challenge is so important because it creates so much awareness."

But before we find out more about Trinity and her dad let's find out what Motor Neurone disease actually is.

Inside your body are cells called motor neurons. Their job is to carry messages from your brain to your muscles telling them when to help you move, speak or breathe! When someone develops Motor Neurone Disease those neurons start to die. That

means the brain can't send messages to the muscles anymore. The disease leaves the body paralysed and eventually unable to swallow or breathe.

That's what's happening to Trinity's dad Corey.

TRINITY: "When I started noticing it he had twitching in his right arm regularly."

Once Corey realised something was wrong he went to the doctor.

TRINITY: A few weeks in he started getting more tests and all that done and mum came into my bedroom one day and said Dad isn't well and he might, they don't know what's going to happen and all that and I think one day she said he might not live and I remember just crying in my room all night hoping that he was because he was in hospital."

In the 18 months since then the disease has gotten worse.

COREY: "It's difficult to grab things, the muscles aren't working like they should."

It's been tough for Trinity.

TRINITY: "Well it's not easy to come to school and put on a show saying I'm fine and all that. It's not going to become better."

Right now there's no known cure for Motor Neurone Disease. Researchers are trying to find one but so far they have no idea why or how it even starts.

TRINITY: "It's awareness more and like people know about it so you could talk about it and people are like 'oh yeah, I know what that is' and they find a cure. That's probably the main thing, that they find a cure."

That's why Trinity is such a big supporter of the ice bucket challenge. It helps people learn more about the problem and raises money to help other families like hers.

TRINITY: "I'd like to say thank you to all the people who've done the ice bucket challenge, it means a lot to my family and it raises a lot of money. Thank you."

Presenter: A big thanks to Trinity and her family for letting us tell us their story.

The Wire

Right let's check out some other big stories from the week. Here's the wire.

Australian planes are being used to deliver weapons to fighters in Iraq.

The weapons have gone to soldiers fighting a group called Islamic State which has taken over several cities in the country and is killing innocent people.

Aid is also being dropped to people trapped by the conflict.

The Prime Minister says Aussie soldiers won't take part in the fighting.

But some politicians have criticised the government for getting involved in the war without consulting the rest of parliament.

Unemployment's a big problem for young Aussies right now.

But a new report's revealed another problem - underemployment.

It found 300,000 young Australians have some work but would like more if they could get it.

And at the Melbourne Aquarium it's now mating season for the resident Gentoo penguins.

And the boys have an interesting way of showing their affection!

They give pebbles to the girls they like!

The pebbles are specially selected to be round and smooth and are used to make the female's nest.

Fresh Faced Friday

Reporter: Brook Mason

INTRO: Recently a survey revealed that half of all kids are unhappy with their body shape and that by the age of 11 the majority are already trying to change how they look. Our next rookie reporter Brooke used to be one of them. But now she's one of the young people behind a new campaign that aims to get kids looking at themselves in a different light. It's called Fresh Faced Friday and it'll be held on the 5th of September. Brooke sent us this story to explain how you can get involved.

BROOKE, ROOKIE REPORTER: Hi I'm Brooke Mason from Tasmania and I love surfing! I guess I got into surfing. I guess always I kind of had you know a zest for life. I've just wanted to live every single day to the absolute nth degree. It might come from when I was younger, I had heaps of eczema and I couldn't even go in the ocean until I was about 10 years old and I had cold sores and I was a really sick little child but I guess that's kind of given me resilience in a way and made me stronger so that I can stay positive and get through things these days and kind of, I wanna spread that message to others too and that's why I've got this idea.

So Fresh Faced Friday is a positive body image campaign, so I'm really passionate about this issue because I believe that body image is a huge problem in today's youth and basically through the influences of social media, especially in school I think people are really quite judgemental about you if you're not you know, you don't dress a certain way, if you don't act a certain way.

I guess for me I got into thinking about how I could make a difference because I actually realised that it was possible that I could through the Heywire project and so I wrote a story and that allowed me to go away to the Heywire summit where we came up. I thought it was a trip to the AIS and I wanted to see the athletes but it was about coming up with all these ideas about youth you know, actually making a difference and having their ideas heard and I guess my idea was about Fresh Faced Friday. I mean it was just a little seed but over the last two years it's become something real that's actually going to happen. We were split up into groups and I was in a group with about four or five others and our group focused on body image and so we came up with a little video which I'll show you.

BROOKE: I grew up with girls not talking but bragging about their eating disorders and competing for whose was more severe.

RICHARD: I can't go to the beach because my mates don't want to take their shirt off in front of people.

BROOKE: I'm sick of the competition and I'm fed up with being judged for things I can't control.

MICHELLE: I wish that when I was in high school I knew to be comfortable with myself and to embrace my flaws rather than cover them up with make-up and hairspray.

And I guess this campaign that we had was really very serious, very grave and that really wasn't me and so a way we're approaching the campaign this year is really quite exciting and positive and so I'm pretty excited to see how it's going to turn out. Firstly, you can join the social media campaign which involves getting a piece of paper and writing down something positive about yourself on it. Just one thing, it could be something like 'I am a really funny person' and you're going to just, then what they're going to do is they're going to get a picture of themselves holding up this piece of paper and put it on Facebook or Instagram with the hashtags. Another way to get involved is to just basically change your mentality for the day, so whether it be just looking at things in a more positive light, trying to see how many people you can cheer up on that day.

BROOKE: Imagine.

MICHELLE: Imagine.

SHANNA: Imagine if everyone could feel comfortable in their own skin.

Presenter: Thanks Brooke!

And if you want to get involved in Fresh Faced Friday or the Heywire competition that the idea came from just go to our website for more details.

And while you're there take a look at our poll this week.

Online Poll

We want to know if you feel pressure to look a certain way. We'll let you know the results next week.

And speaking of the result, last week's poll is in. We asked if you thought we should sell the radioactive element uranium to India. And the result was a resounding, no.

Thanks for sharing your thoughts with us.

Maritime Past

Reporter: Natasha Thiele

INTRO: Now, in the years after the European settlement of Australia many people climbed aboard ships to come here to live. Some were lucky enough to sail in 1st or 2nd class. But for the poor people relegated to 3rd class life was pretty tough. Here's Tash to show us just how tough.

NATASHA THIELE, REPORTER: Eww! Welcome to the South Australian Maritime Museum, where these kids are learning in graphic detail what it would have been like to travel to Australia by ship hundreds of years ago. First, living conditions!

Down at the bottom of the ship was where third class passengers slept in bunks. It was often dark, hot, uncomfortable and there wasn't any fresh air.

REPORTER: Families would have to share beds and there would be things like rats and cockroaches running all around. Eww! (STUDENT 1: Yuck!) Yeah!

On the boats there were toilets like this and they were pretty gross!

LINDL LAWTON, CURATOR: A water closet was only for women and children. The males, so the men and the boys went off the heads or the bow of the ship.

And forget toilet paper! Everyone had to share a rag soaked in vinegar.

Conditions at sea weren't always the best with storms and big waves. This led to sea sickness. These guys got a smell of what that was like!

STUDENT 1: Ohhh!

STUDENT 2: Oh yep, I'm gone!

REPORTER: Oh yeah, that's horrible!

On board, most passengers only got salted meat and biscuits for dinner. That left many of them with a disease called scurvy.

LINDL: Does anyone know anything about scurvy?

STUDENT 3: It's when you don't eat any fresh food on the ship like fruits and things.

LINDL: Yeah, so it's a lack of Vitamin C.

Without that Vitamin C, people felt weak, found it hard to breathe and they sometimes lost their teeth. Another disease they had to deal with was gangrene. That's when part of your body dies because it's not getting enough blood. To stop it getting worse, they would use saws like this to chop off limbs.

REPORTER: And how gross is this! Live leeches like this little one here were used in something called bloodletting.

Some believed that by allowing the leeches to suck the blood of a sick patient, it would help them. Not surprisingly, long voyages weren't a particularly safe way to get around. Some historians estimate around one-in-five kids and one-in-60 adults never made it to Australia. It's pretty obvious that travelling on a ship back then wasn't easy. But learning about it made all these kids realise how lucky we are today.

STUDENT 4: I'm really lucky because they had all these diseases that were carried by water and the rats dropping in the water, really didn't help at all.

STUDENT 3: We also learnt about the sicknesses like your arms go blue and then you poo yourself to death which is pretty gross!

STUDENT 1: Well smelling vomit and all that disgusting sort of stuff that would be very bad to smell and we're pretty lucky to not have to smell it today but yeah they were very unlucky to have to smell that all the time.

Quiz 1

Let's go to a quiz now - on our sailing past.

How long did it take the First Fleet to sail from Great Britain to Australia?

Was it

150 days

250 days

or 350 days?

The answer - 250 days

Land Care

Reporter: Matt Holbrook

INTRO: That's a long time in a cramped boat. Okay. This week is Landcare week when everyone is encouraged to take an active role in protecting their local environment. Heaps of schools get involved, including the one you're going to see

next where they're aiming to rehabilitate the river at the back of their school. Matt joined them, to lend a hand.

MAX: It's our new school land we've bought and we're hoping that we can make it better for the environment and help all those animals that need better homes.

DARIAN: We're gonna remove all the weeds and plant some mana gums for the koalas.

REPORTER, MATTHEW HOLBROOK: These kids are on a mission to bring native plants and wildlife back to this area. They're from Hills Christian Community School. And all of this space, from the banks of the river to the surrounding paddocks, is on school grounds. Bit by bit, they're transforming it.

They say over time, things like feral plants and farm animals, like sheep, have hurt the natural landscape. So they want to turn things around, and they've got a bit of funding from Landcare to help make that happen.

First up, getting rid of some weeds.

MATT: Off we go, find me a thistle!

MATT: Alright, that's one, I've conquered one single thistle. My work here is done.

KID 1: No

KID 2: We've got way more than that to do.

MATT: Tell me about these?

MADDI: They're blackberry bushes

MATT: They're gonna cut you up, they're mean. They're not native?

MADDI: No, a type of blackberry bush that grows everywhere and look very messy and get animals caught in it.

The river's really important to this area, and it's something the kids at this school learn a fair bit about.

JEREMY, NATURAL RESOURCES MANAGEMENT: this one's called a stonefly nymph, they can only survive in water that's fairly clean.

MATT: It means if you find them, the river's in really good condition.

That's good news. But with a bit more work, the school's hoping it will soon be even better! Part of this project involves replacing weeds and invasive species with native plants. So we're putting some in today. Well, I'm trying anyway.

MATT: Why didn't any of you struggle as much as I did with this?

But I get there eventually, with a bit of help. By pulling out weeds, and replacing them with native plants, it'll help fight erosion, where soil is washed or blown away. And it'll have other benefits, too.

WILL HANNAFORD, NATURAL RESOURCES MANAGEMENT: In terms of the ecology of this great site, we're probably going to plant trees every one in ten metres, because that's probably what it was like before white men came along. And these plants down here, these sedges and rushes, these native grasses are really important parts about this ecosystem. They provide unique habitat for the animals that used to live here and will hopefully come back.

And the kids say while it'll take some hard work, it'll all be worth it.

MAX: I hope it's better for the environment, looks better, healthier, just nicer.

Quiz 2

Some weeds met their end in that story.

Let's find out how much you know about them.

Which of the following is NOT an Australian weed?

Dog Ear Vine

Cat Claw Creeper

Or Bellyache Bush

The answer is - Dog Ear Vine

The other two are actual weeds on the list of worst weeds in Australia.

The Score

Okay. Sport time now. Here's the highlights from the past week.

The basketball world cup is underway and Australia's has scored a 34 point win over South Korea.

Joe Ingles led the way with 17.

And NBA draftee Dante Exum pulled off this awesome dunk.

The Aussies are now 1-1 after losing their opening match to Slovenia.

The regular AFL season is over.

And the race to the finals came down to the very last round.

The Richmond Tigers got up over minor premiers the Swans in a nail-biter to claim the last spot in the top eight.

It's a fairytale finish for the Tigers who at one point, were sitting equal bottom on the ladder.

Australia has suffered a humiliating loss to Zimbabwe in the one day international series in Harare by three wickets.

The Aussies are the number one ranked team in the world and have only ever lost to Zimbabwe once before.

And Australian Indy Car driver Will Power has won the Championship in California.

He finished ninth in the final race of the season to secure the title.

Power is the first Australian to win a major car racing World Championship for more than 30 years.

Basketball Talent

Reporter: Matt Holbrook

INTRO: As you saw there the 2014 Basketball World Cup kicked off over the weekend. Right now, Australian Basketball is going through its strongest period ever with six players currently competing in the NBA and others being named as stars of the future. So how has the sport come so far in this country? Matt went along to an elite boys training session to find out.

The NBA, some of the best athletes in the world can be found right here. And in the past few years, more and more of those players have been Aussies. There's Patty Mills, he's an NBA champion with the San Antonio Spurs. Andrew Bogut, Australia's highest paid athlete, and Matthew Dellavedova, who will play alongside the NBA's best player, LeBron James, next season.

It's a really exciting time for our very best Aussie basketballers. But a few years ago, it was a completely different story. It wasn't til 1991 that an Aussie, Luc Longley, first set foot on an NBA court. Over 23 years that number has grown to 12, but there's been a lot more in the past few years. So why are Aussies now doing so well in the world's most competitive basketball league?

Well, I'm hoping these guys might be able to tell me. They may be young but this under 14s team from Sturt basketball club are well on their way to playing at an elite level.

BAILEY: You need to practice a lot, like LeBron would probably practice 5 hours a day, just practice, practice, practice. We do like flares, back cuts, on balls, stuff like that. Dribbling skills, reverses.

Hayden's easily the tallest player on his team. Height can be a big advantage!

MATT: How tall are you?

HAYDEN: 6'1.

MATT: How tall do you think you're going to grow?

HAYDEN: I got a wrist scan, an X-ray, and the doctor says that I'm going to be 7 foot.

MATT: That's massive, even for an NBA player.

Their coach, Paul, says getting kids involved while they're young, and teaching them the right things will set them up for success as they get older. He says that's played a big part in Aussie success today.

PAUL MESCKE, STURT DIRECTOR OF COACHING: The more fundamentals and skill development at younger ages, the more fun they have, and get involved, the easier it is when they get older to go onto bigger and better things. I certainly think Australian basketball has done a much better job in improving our performance and training and evaluations of what we're doing.

But for now, Australia's got plenty of talent coming through the ranks. Like Dante Exum, who's just been drafted to the NBA, Ben Simmons, who's been named the number 1 high school player in the US, and Thon Maker, who's 17, massively tall, and already playing like a pro.

It's an exciting time for Aussie basketball, and with some hard work, these guys could one day make up the next crop of Aussie NBA champions.

Closer

And that wraps us up for another week!

Please let us know what you thought about all of our stories today on our website and while you are there please take the time to vote in our body image poll this week. We'll see you next time!