



Teacher Resource

Focus Questions

As a class, discuss the stories featured in the episode of BTN Classroom and record the main points of the discussion. Students will then respond to the following focus questions.

Budget Breakdown

1. What is the Federal Budget? In pairs, come up with a definition.
2. Who is Australia's Federal Treasurer?
 - a. Anthony Albanese
 - b. Jim Chalmers
 - c. Peter Dutton
3. What is a budget surplus? What is a deficit?
4. Australia is currently in a budget deficit. True or false?
5. Name three facts that you learnt watching the BTN story.

Australia Made

1. What was the main point of the BTN Australia Made story?
2. Where do most of Australia's imports come from? Name 2 countries.
3. In Australia it's mandatory for most products to have a country-of-origin label. True or false?
4. How can you tell if a product is made in Australia?
5. What are the benefits of buying Australian made products?

Astronauts Return

1. Discuss the BTN story with another student. Record the main points of your discussion.
2. Why were two NASA astronauts recently stranded in space?
3. What is microgravity?
4. How does space travel affect the human body? Give 2 examples.
5. Why do we get taller when we've been in space?

Check out the [teacher](#) resource on the Archives page.

Hudson's Hike

1. Which mountain did Hudson climb?

EPISODE 8

25 March 2025

KEY LEARNING

Students will view a range of BTN stories and use comprehension skills to respond to a series of focus questions.

CURRICULUM

English – Year 4

Use comprehension strategies to build literal and inferred meaning to expand content knowledge, integrating and linking ideas and analysing and evaluating texts.

English – Year 5

Use comprehension strategies to analyse information, integrating and linking ideas from a variety of print and digital sources.

English – Year 6

Use comprehension strategies to interpret and analyse information and ideas, comparing content from a variety of textual sources including media and digital texts.

English – Year 7

Use comprehension strategies to interpret, analyse and synthesise ideas and information, critiquing ideas and issues from a variety of textual sources.

2. How many people live with cerebral palsy in Australia?
3. How much money did Hudson raise?
4. What basketball team sent Hudson a good luck message?
5. What did you like about the BTN story?

Nova Peris

1. Which sport did Nova Peris win a gold medal for at the 1996 Summer Olympics?
2. What sport did Nova Peris win gold medals for at the 1998 Commonwealth Games?
3. Nova Peris was the first Indigenous woman elected to federal Parliament. True or false?
4. What did you learn about Nova Peris?
5. Imagine you could sit down and talk to Nova Peris. What question/s would you ask about her life and achievements?

Check out the [teacher](#) resource on the Archives page.



Teacher Resource

Astronauts Return

Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. Discuss the BTN story with another student. Record the main points of your discussion.
2. Why were two NASA astronauts recently stranded in space?
3. What is microgravity?
4. How does space travel affect the human body? Give 2 examples.
5. Why do we get taller when we've been in space?

Activity: Note taking

Students will practise their note-taking skills while watching the BTN Astronauts Return story. After watching the story, ask students to reflect on and organise the information into three categories. What information in the story was positive, negative, or interesting?



Activity: Comprehension

After watching the BTN Astronauts Return story students can answer one or more of the following comprehension questions, for example:

- What are some keywords from the BTN story?
- What did you learn from the story? Write a summary.
- What is the purpose of this news story? To entertain, persuade, inform, explain or describe?

What questions do you have?

What surprised you about this story?

EPISODE 8

25 March 2025

KEY LEARNING

Students will learn more about the impact space has on the human body.

CURRICULUM

Science – Year 5

The Earth is part of a system of planets orbiting around a star (the sun).

Scientific understandings, discoveries and inventions are used to solve problems that directly affect peoples' lives.

Science – Years 5 & 6

Scientific knowledge is used to solve problems and inform personal and community decisions.

Science – Year 7

Scientific knowledge has changed peoples' understanding of the world and is refined as new evidence becomes available.

Activity: Key words

Students will brainstorm a list of key words that relate to the BTN Astronauts Return story. Here are some words to get them started.

Microgravity

Weightlessness

International Space
Station

Immune system

Gravity

Weight-bearing

Space mission

Astronaut

Ask students to write what they think is the meaning of each word (including unfamiliar words). They will swap definitions with a partner and ask them to add to or change the definition. Check these against the dictionary definition.

Activity: Effects of space on the human body

Discuss the information raised in the BTN Astronauts Return story. What questions were raised in the discussion and what are the gaps in students' knowledge? Students will develop their own question/s to research or choose one or more of the questions below.

- Why do astronauts have to exercise in space? How do they exercise? Watch the [Exercising in Space video](#) to learn more.
- How does space radiation affect the body and what do astronauts do to stay safe?
- What health problems have astronauts had in the past? What changes have been made to overcome the health problems?
- What happens to the body's sleep patterns in space?
- What are the ethical considerations of sending humans on long-duration space missions, considering the impact on their bodies?
- What are the psychological effects of long space missions?
- Investigate the effect space has on an aspect of the human body, include information about what happens, why it happens and what can be done to reduce the effects. Choose one from the following:
 - Bones
 - Muscle
 - Eyes
 - The spine
 - Inner ear and balance system
 - Sense of taste

What would it be like living in microgravity - eating, sleeping, having a shower, going to the toilet? What would be some of the positives and challenges?

Further investigation

Astronauts going to the ISS can sign up for a range of experiments that will help scientists understand how the human body reacts to long-duration space missions. Learn more about the NASA experiments [here](#)

Students will imagine they are an astronaut on the ISS and design an experiment to study one of the effects of space on the body. Think about – what they need to measure (bone density, muscle strength), how they will conduct the experiment, how often they would collect measurements, and what equipment they will need. Create a labelled diagram or write a short explanation of their experiment to share with the class.

Activity: Choose a project

Individually or in small groups, students will choose one of the following projects to work on and then present their findings to the class.

Puffy Head Bird Legs

Find out what is meant by the term *Puffy Head Bird Legs* and why it happens. This [video](#) helps to explain it. Summarise the explanation.

Onboard the ISS

[Tour the ISS](#) with astronaut Suni Williams. What information was surprising? What did you learn?

Did you know?

Using the information in the BTN story and your own research, create a *Did You Know* fact sheet about space and the human body. Publish using [Canva](#).

What's your space height?

Did you know that you grow taller in space? You can try your own experiment here on Earth. Measure your height in the morning and again before you go to bed in the evening. Did you grow taller or get shorter? How does it relate to astronauts in space?

Activity: Quiz

Hold a class discussion asking students to share one interesting fact they learned about how space effects the human body. Record students' responses to create a list.

Students will use the information they have discovered to create a quiz and then test their classmates.

Students will include a range of quiz styles, for example:

- Multiple choice
- True or false
- Fill in the blank
- Use photos or pictures
- When an answer is revealed, provide extra information to explain the answer.



Students can make their quizzes in [Kahoot](#) or [Quizizz](#).

Useful Websites

- [Living on the ISS](#) - BTN
- [Astronauts: What are the effects of space travel on the human body?](#) Newsround
- [Butch Wilmore and Suni Williams are back on Earth. What does nine months in space do to the body?](#) ABC News
- [Gravity and the human body](#) – TED Ed
- [What outer space does to your body](#) – TED Ed



Teacher Resource

Nova Peris

Women's History Month

Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. Which sport did Nova Peris win a gold medal for at the 1996 Summer Olympics?
2. What sport did Nova Peris win gold medals for at the 1998 Commonwealth Games?
3. Nova Peris was the first Indigenous woman elected to federal Parliament. True or false?
4. What did you learn about Nova Peris?
5. Imagine you could sit down and talk to Nova Peris. What question/s would you ask about her life and achievements?

Activity: Personal Response

Respond to the BTN Nova Peris story as a class. Students will complete one or more of the following incomplete sentences:

- Nova Peris is an important Australian because...
- It was interesting to learn...
- These are five words that I would use to describe Nova Peris ...
- This story made me feel...
- It is important to celebrate Nova Peris because...



EPISODE 8

25 March 2025

KEY LEARNING

Students will learn more about Nova Peris, a trailblazer for Indigenous Australians in sport and politics.

CURRICULUM

HASS – Year 3 and 4

Pose questions to investigate people, events, places and issues.

Locate and collect information and data from different sources, including observations.

HASS – Year 5 and 6

Develop appropriate questions to guide an inquiry about people, events, developments, places, systems and challenges.

Locate and collect relevant information and data from primary sources and secondary sources.

History – Year 6

The contribution of individuals and groups to the development of Australian society since Federation.

HASS – Year 7

Construct significant questions and propositions to guide investigations about people, events, developments, places, systems and challenges.

Activity: Research and Document

5 W's

Students will choose one key event in Nova Peris' life and research as much as they can about it. They will write a summary on the key event which answers the 5 W's – Who, What, Where, When and Why?



Timeline

Students will research and document the story of Nova Peris, to teach future generations about her life, her achievements, and her challenges. They will use a timeline to document their findings. Below is a timeline highlighting some of Nova Peris' achievements. Visit the [Nova Peris website](#) to read and learn more about her biography and achievements.

1996 Nova Peris wins gold medal with the Hockeyroos during the 1996 Olympic Games in Atlanta.  ABC News	1997 In 1997 Nova was awarded Young Australian of the Year.  Nova Peris	1998 Nova Peris won gold medals in 200m and 4x100m relay at Kuala Lumpur at the Commonwealth Games. Medal of the Order of Australia recipient.  Nova Peris	2013 Nova Peris elected as first Indigenous woman in Federal Parliament.  ABC News	2021 Nova Peris was honoured with a 2.6m Bronze Statue Unveiled in Federation Square, Melbourne.  National Indigenous Times
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KWLH

The following KWLH organiser provides students with a framework to explore their knowledge on Nova Peris including her achievements in sport and advocacy for Indigenous rights. After watching the BTN Nova Peris story, students will develop their own question to research in more detail.

What do I <u>k</u> now?	What do I <u>w</u> ant to know?	What have I <u>l</u> earnt?	<u>H</u> ow will I find out?

Activity: “Firsts”

"Firsts" refers to individuals who were the first to accomplish a specific feat or achieve a particular milestone. Nova Peris is a trailblazer for Indigenous Australians in sport and politics. She is the first Indigenous Australian to win an Olympic gold medal and the first female Indigenous federal parliamentarian.

What other Australian women have been the first to accomplish a specific feat or achieve a particular milestone? As a class brainstorm and make a list of Australian women that are trailblazers.



In 1992 Cathy Freeman became the **FIRST** Australian Aboriginal person to compete in the Olympics. Watch the [BTN story](#) to learn more.



Dame Nellie Melba was the **FIRST** Australian to achieve international recognition as a classical musician. Watch the [BTN story](#) to learn more.



In 1958 Lowitja O'Donoghue became the **FIRST** Indigenous woman to work at the Royal Adelaide Hospital. Watch the [BTN story](#) to learn more.

In small groups students will respond to the following “What have people that are trailblazers got in common?” Make a list of traits.

Strong

Powerful

Bold

Brave

Confident

Innovative

Changemakers

Adventurous

Direct your students to the [BTN](#) website to find more stories of trailblazing Australian women who’ve made an extraordinary contribution to society, including:

- [Mary Gilmore](#) – Australian poet, journalist, social activist
- [Elizabeth Kenny](#) – Nurse who developed a new way of treating polio.
- [Nancy Bird Walton](#) – Aviation pioneer
- [Dorothy Hill](#) – Scientist
- [Edith Cowan](#) – Social reformer and politician
- [Faith Bandler](#) – Civil rights activist
- [Evonne Goolagong Cawley](#) – Tennis legend

Or visit the [ABC Fierce Girls](#) website to learn more about Australian women who dare to do things differently. From athletes to aviators, scientists to spies. From the deep blue sea to the dark, black skies. Students will choose one trailblazing Australian woman they find inspiring and research and record information about the person. Some possible areas of research include:

- When and where were they born? Describe their family life growing up.
- What are some of their achievements? Choose one to explore in more detail.
- What inspired or motivated them?
- What are some of their values?
- What were some challenges they faced?
- How did they make an impact on people's lives?
- What do you admire about them?

Activity: Visual Literacy

Students will examine and analyse the portrait of Nova Peris (to the right). The painting, by Dr Jandamarra Cadd, depicts Ms Peris as she presented herself on the day of her first speech to the Senate. Encourage students to provide detailed and thoughtful responses based on their analysis of the painting.

- What do you see in this image?
- What significant moment or event does the image relate to?
- When and where was the portrait made?
- Who painted the portrait?
- Who is the portrait of? How do you think they might be feeling?
- How does the image make you feel?
- What question/s would you like to ask the people in the image?
- Create a caption for the portrait.



Portrait of Nova Maree Peris OAM
(Source: [Parliament of Australia](#))

Useful Websites

- [Nova Peris](#) – Australia Olympic Committee
- [Nova Peris — the girl who won gold in two sports then got elected to parliament](#) – ABC Fierce Girls
- [Nova Peris](#) – National Museum Australia
- [Nova Maree Peris OAM](#) – Parliament of Australia
- [Nova Peris](#)



Teacher Resource

BTN Transcript: Episode 8- 25/3/2025

Yaama. I'm Jack and you're watching BTN. Here's what's coming up. We find out what happens to your body in space, meet Hudson, who just climbed Australia's highest mountain, and learn about the life of Nova Peris.

Budget 2025

Reporter: Justina Ward

INTRO: But first today, it's that time of year again - budget time. That's when the government lets us know how it's going to spend the country's money. And with an election just around the corner, Aussies are paying close attention.

NARRATOR: Get your calculators out, folks. It's time to play It's Budget Time.

PENNY: First up, budget basics. Question one - what is the federal budget? Is it A, a shopping list for the Prime Minister? B, the government's plan for how it will spend the country's money? Or C, a bird-like creature that eats gold coins?

TRACY: Is it B?

PENNY: Correct.

Yep, it's that time of year again when the government breaks down how it's going to spend the country's money so it can pay for all the important things Australia relies on like defence, education, health, welfare, infrastructure and, well, a whole lot more. But paying for all those things costs hundreds of billions of dollars. So, where does all the money come from?

TRACY: From taxing people and businesses.

PENNY: Correct.

Yes! And deciding where to allocate all that money is no easy task. That's where this guy comes in - Australia's Treasure, Jim Chalmers, who will lay out the government's plan for the year ahead.

JIM CHALMERS, FEDERAL TREASURER: We have delivered back-to-back surpluses for the first time in almost two decades. We will be printing a deficit for this year.

PENNY: Did someone say surplus and deficit? That must mean it's time for, "Definition Duel". Eric, what is a surplus?

ERIC: Uh.

PENNY: Too late.

A surplus is when the government earns more than it spends, like it has for the past two years, we've seen

low levels of unemployment and higher than expected coal and mineral export prices. But this time round things are looking a little different.

PENNY: To win the round Trace what is a deficit?

TRACY: Umm, the opposite of a surplus, when the government is spending more than it's making?

PENNY: Errrr, yep!

The treasurer predicts that we could be seeing a deficit not just this year but for a while. Mining exports aren't tipped to bring in as much money. And then we've got that whole tariff thing happening in the US. And there are fears it could escalate into a much bigger global trade war. But for now, a lot of Aussies are worried about what's happening closer to home and are hoping there'll be support in the budget to help with the cost-of-living crisis.

PERSON: I think everybody knows rent is a bit expensive, power bills going up with it, along with water.

PERSON: Oh, my goodness. I'm thinking when I'm retired, I don't know how I will be able to manage it.

PENNY: Now for the million-dollar question. Does the fate of the budget depend on who wins the election?

The timing of all of this is a little tricky. We're less than 2 months out from an election. and any budget promises made by the Labor government now might not mean much soon.

TRACY: Yes.

PENNY: Tracy, that's correct.

Different governments have different priorities and that shapes where the money goes. Which means you've just won 'It's Budget Time'. Here's a giant novelty cheque. See you next year.

Australian-made

Reporter: Jack Evans

INTRO: Speaking of the budget, the government says it's set aside money for a new campaign to encourage Aussies to buy more Australian-made products. But how can you actually tell if something's made in Australia? Let's find out.

DAZZA: Head on down to Dazza and Wazza's All Aussie Store.

WAZZA: Where if it's not made in Australia, then it's not made in Australia.

DAZZA: And that's a guarantee.

WAZZA: We got Aussie beans.

DAZZA: Aussie buckets.

WAZZA: And bananas from... oh... Thailand? What are they doing here?

DAZZA: Oh don't worry we got plenty more Aussie products on offer, so head on down.

JACK EVANS, REPORTER: Whether it's buckets, beans or bananas us Aussies buy stuff all the time. But do you ever wonder where the stuff you are buying comes from?

DAZZA: Australia, we already said that.

Yeah, while a lot of the stuff we buy is grown or made here, Australia also imports a lot of stuff from overseas. With most of our imports coming from China and the US. It might be because another country is better at making stuff or because it's cheaper to make certain stuff overseas. Importing products also means Aussies have more options to choose from, plus international trade can help stimulate economic growth. But buying from overseas also means we're sending money overseas and that's something our Prime Minister, Anthony Albanese, wants us to think about when we're at the shops.

Recently he called on Aussies to buy Australian made stuff first. It came after US President Donald Trump announced tariffs on certain Australian products that are exported to the US. Rather than putting a tariff on American products coming into Australia, the Prime Minister wants us to take action by buying locally made stuff rather than stuff from the US. So how can you tell if something is made in Australia?

DAZZA: At our store everything is from Australia.

WAZZA: Except for the bananas.

DAZZA: Oh yeah.

WAZZA: And this cereal comes from the US.

DAZZA: Alright Wazza, that's enough from you.

Yeah, it's not always clear. But in Australia it's mandatory for most food products to carry a country of origin label, which indicates where the food was grown, produced, made or packaged. And if it's an Aussie product then it might have this logo, along with information about where the ingredients came from.

WAZZA: Our Aussie Olive Oil is extracted in Australia from 100% Australian olives.

DAZZA: Fair Dinkum.

BEN LAZZARO, CEO AUSTRALIAN MADE: The best way to ensure that the product is a genuine Australian one is to look for that famous green and gold kangaroo logo, the Australian made logo.

This is Ben Lazzaro, he is the CEO of Australian Made an organisation that helps customers identify Aussie products.

BEN LAZZARO: Over 90% of Australian consumers tell us that they want to buy Australian products and this brand helps you quickly and easily identify your product as a genuine Australian one.

Some of the labels that businesses can apply for to help promote their Aussie made products, include Australian Made. That means that the product is grown or produced in Australia or that the production process was done here. For example...

DAZZA: This Bucket was made in Australia.

WAZZA: Oh yeah but the plastic pellets that were used to make the bucket were imported from overseas.

DAZZA: Yeah, but it was put together in Australia. So, it's Australian made.

Product of Australia means that the majority of things used to make the product comes from Australia and all or nearly all of the manufacturing has been done in Australia. For example...

WAZZA: This jumper is made from Aussie Wool and was hand knitted by my Grandma.

DAZZA: That's a product of Australia if I've heard of one.

Ben says that buying Australian Made products is something all of us can benefit from.

BEN LAZZARO: Not only we're getting products made to some of the highest quality and safety standards in the world. You're also putting money back into the economy. We're creating jobs. We're keeping people employed.

Which is why the Prime Minister says he's allocated funding to support an Aussie made campaign in this year's budget.

WAZZA: So that more Aussies can buy more Aussie stuff.

DAZZA: And that's the Dazza and Wazza guarantee.

News Quiz

What did a new investigation reveal about Australia's big supermarkets like Woolworths, Coles and ALDI? They sell the cheapest groceries in the world, they're some of the most profitable supermarkets in the world or they only sell Australian grown food? They're some of the most profitable supermarkets in the world. The Australian Competition & Consumer Commission carried out a big investigation into rising grocery prices. It found supermarkets are making huge profits and that a lack of competition might be keeping prices high.

What is the theme of the new \$5 banknote design? Australian wildlife, First Nations peoples' connection to country, Famous Australian landmarks or Australia's best cricketers? It's First Nations peoples' connection to country. While we still haven't seen the final design of the new note, the Reserve Bank of Australia has announced the theme which was picked from more than 2,000 submissions from the public. The new design will celebrate the deep connection First Nations peoples have to the land, waters and sky. It's set to replace the image of the Queen, which will be the first time in history that an Australian banknote won't feature a British monarch.

Which iconic US landmark has a French politician suggested should be returned to France? It's the Statue of Liberty. French politician Raphaël Glucksmann suggested that the Statue of Liberty, originally gifted by France to the US in 1884, should be returned. He says that the statue's values of freedom and equality are no longer reflected by the actions of US President, Donald Trump. Mr Glucksmann now says he wasn't actually being serious about taking the statue back and was just trying to make a point.

Where did Australia rank in this year's World Happiness Report? First, fifth, seventh or eleventh? It's 11th. And it's the first time in a while Australia hasn't made the top 10. Meanwhile Finland took out the title of the happiest country in the world for the eighth year in a row. Researchers say sharing meals with others and having somebody to count on for support were key factors for happiness.

What's the name of the AFL's Tasmanian Devils Mascot? Rum'un, Tazzy, Rascal or Ratbag? It's Rum'un. And unless you're from Tasmania you've probably never heard that word. It's Tassie slang for scallywag and its creators reckon it represents the state's "ratbag" roots. The quirky mascot took more than 9 months to design, and its fur is actually made up of more than 900 recycled school uniforms.

Astronauts Return

Reporter: Aiden McNamara

INTRO: Have you ever wondered what happens to your body in space? Well, two NASA astronauts have just found out after what was meant to be a quick eight-day trip turned into a nine-month mission. Aiden took a look.

AIDEN MCNAMARA, REPORTER: It was a moment nine months in the making.

NASA, VOICE FROM CONTROL ROOM: And splash down. Crew 9 back on Earth.

REPORTER: As Butch Wilmore and Suni Williams finally arrived home.

In case you need catching up, let's rewind. The two NASA astronauts arrived at the International Space Station last June; originally booked for an 8 day stay, but the capsule they were set to ride home in was deemed unsafe, so they were kind of stranded in space.

STEVE STICH, NASA COMMERCIAL CREW PROGRAM MANAGER: I want to make it very clear that Butch and Suni are not stranded in space.

REPORTER: Ah ok, well, they were at least stuck there for a bit. Long enough to see out the Paris Olympics, the US election...

BUTCH WILMORE, NASA ASTRONAUT: I actually voted early, a couple of weeks ago.

...and Christmas.

In fact, they were up there for a total of 286 days, orbiting the earth more than 4,500 times. That's 286 days without breathing fresh air or having a proper shower. But one more thing they had to get used to pretty quickly was how space would affect their bodies.

STEVAN GILMORE, NASA LEAD FLIGHT DOCTOR: There's an adaptation phase that happens right away when you get up to space.

REPORTER: This is Doctor Stevan Gilmore, the lead flight surgeon for the mission.

He says when people go to space the human body has to adjust to being in microgravity.

That means there's hardly any gravity pulling them down - which makes them float around in a constant state of weightlessness. While it might look pretty fun, there are some not-so-fun side effects. The first thing that hits is...

STEVAN GILMORE: Basically a kind of motion sickness in some people to adapt to this new environment that doesn't have gravity in it.

REPORTER: You see on Earth you always know which way is up or down.

But in space, there's no clear sense of direction and the human brain gets pretty confused leaving astronauts feeling dizzy or sick. But after a few days they start to adjust to their new environment and start to feel a lot better. Then there's the bone and muscle loss. Without that downward pull we're used to our muscles get weaker because they don't have to work as hard and our weight-bearing bones like our spines and hips lose density because they don't have to support our bodies as much.

STEVAN GILMORE: Those all start decreasing if you don't do anything to counteract it.

REPORTER: That's why there's a high-tech gym on the International Space Station, where astronauts work out at least two hours a day, six days a week to keep their bones and muscles healthy and strong.

STEVAN GILMORE: We kind of view exercise as a great big pill that we have the crew take.

REPORTER: There are heaps of other weird and wacky things that our bodies have to deal with in microgravity.

Like facial puffiness, having a weakened immune system, even vision changes. But there is one pretty cool thing that happens all to do with our height. Believe it or not, space actually makes you taller. Without gravity pushing your spine down, every vertebrae has a chance to move up. So astronauts can actually grow a few centimetres while they're up there, but they do shrink back to normal when they come home.

Speaking of coming home, that's another big adjustment. You might've noticed Butch and Suni were helped out of their spacecraft and wheeled away on stretchers. That's because their bodies have to get used to gravity again and it'll take some time for them to regain their balance and strength.

STEVAN GILMORE: They kind of have to do the same thing but in reverse.

REPORTER: In fact, they're in for weeks of planned medical tests, studies, and reconditioning and should be back to their normal Earth selves within the next few months.

Quiz

What is the world record for the most consecutive days someone has spent in space? 365 days, 437, 540 or 730? It's 437 days. The world record for the most consecutive days spent in space is held by Russian cosmonaut Valeri Polyakov, who spent 437 days aboard the Mir space station.

Hudson's Hike

Reporter: Tatenda Chibika

INTRO: Now it's time to meet Hudson from Sydney who's just trekked up Australia's tallest mountain and raised a lot of money along the way. Here's Tatenda with more.

HUDSON: My name is Hudson, and I climbed this Krazy Kosci Klimb.

TATENDA CHIBIKA, REPORTER: Yep, nine-year-old Hudson has just returned from his greatest adventure yet, trekking to the top of Australia's highest peak, Mount Kosciuszko.

It's all part of something called the Krazy Kosci Klimb which raises money for better programs and services for people with Cerebral Palsy something Hudson was born with.

It's a brain disorder which makes it hard for him to do things like walking and talking. About 34,000 people live with Cerebral Palsy in Australia and it can be pretty expensive to treat. So Hudson and his team set out to raise \$100,000 and tackle the 2,228 metre high mountain.

HUDSON: Real deal, man, I actually wanted to.

But getting up there is no easy task, so Hudson and his team started some serious training by playing a bunch of his favourite sports.

HUDSON: My favourite hobby, basketball, soccer, footy.

And while he was at it, Hudson decided to set another goal for himself. To make...

HUDSON: The Highest Basketball shot in Australia.

You see, Hudson is a massive basketball fan. He even named his team the Hudson Globetrotters after one of his favourite basketball teams, the Harlem Globetrotters and right before the big day, he got a pretty special good luck message.

THUNDER LAW, HARLEM GLOBETROTTERS: I've heard about all that hard work you've been putting in and I know you're ready for it, I know you're ready to conquer it, I know you're gonna do great.

Then it was time.

Hudson and his very own Globetrotters trotted their way up the 9.3 kilometre trail where he made this shot.

HUDSON: I felt very happy when I got to the top.

And to make things more special, Hudson and his team raised a massive \$116,000. And even though he ran into some wild weather on the way back.

HUDSON: Easy on the way up, but hard on the way down. It was like thunder, lightning. It was hail.

It didn't stop Hudson from crossing that finish line.

HUDSON: Just getting up there and having fun and doing it. And getting back down and having fun, party and dancing!

Sport

Aussie F1 star Oscar Piastri has won the Chinese Grand Prix. The McLaren driver didn't get the fastest start off the line and was challenged by Mercedes' George Russell early on.

COMMENTATOR: Good reaction for George Russell whose claimed that inside lane.

But he managed to squeeze past him and hold on for the win. It's his first win of the season and his third ever grand prix title.

OSCAR PIASTR: Very, very proud of the whole team, I think we had a lot of things we had to try and tackle this weekend with the car, and we did a really good job of trying to do that for today.

Now to Basketball and the Illawarra Hawks are officially this season's NBL champions.

COMMENTATOR: The NBL Championship now lives in the Gong.

It all came down to Game 5 in the championship series against Melbourne United. Things started off well for United with an early lead at the start of the game. But it was short-lived. The Hawks quickly found their rhythm, with Will 'Davo' Hickey helping the team to a 114-to-104-point win.

COMMENTATOR: Now finish off, Hickey, fouled and one!

In fact, Hickey's performance was so great, United's Matthew Dellavedova, who was officially named Series MVP, chose to hand him the award instead saying he deserved it more.

And finally, our Socceroos are one step closer to qualifying for the FIFA World Cup, after smashing Indonesia 5 to 1 last week. Midfielder Jackson Irvine scored a goal in each half.

COMMENTATOR: Oh, lovely header, Jackson Irvine.

The win leaves the Aussies in 2nd place in their qualifying group with the top 2 making it straight into next year's World Cup in the USA and Mexico.

Women's History Month: Nova Peris

Rookie Reporter: Marianne

This is Nova Peris. She was born in Darwin on the 25th of February 1971. A descendant of the Gija people of the East Kimberley, the Yawuru people of the West Kimberley and the Iwaidja and Gagudju people of West Arnhem Land. From a young age Nova was interested in all sports. But hockey was her favourite, and she was pretty good at it.

She trained really hard determined to become a champion hockey player and in 1992 she was chosen for the Australian Women's hockey team, the Hockeyroos. The team qualified for the 1996 Summer Olympics in Atlanta where they won Gold. Making Nova the first Indigenous Australian to win an Olympic Gold medal. Nova became renowned for her ability to run really fast and so she decided to switch sports to give sprinting a go. In 1998 she won two gold medals at the Commonwealth Games in Kuala Lumpur, winning the 200m sprint and the 4 x 100 metres relay race. Making her the first Indigenous Australian to win both gold at the Olympics and gold at the Commonwealth Games in two different sports, all the while raising a family.

Off the racetrack Nova was passionate about Indigenous rights and reconciliation. She campaigned for Indigenous recognition in the Australian Constitution and set up initiatives to improve education for First Nations girls. This led the way to her next big career move. In 2013 Nova was invited by then Prime Minister, Julia Gillard, to join the Labor party which she said yes to. And later that year, she was voted in as a senator for the Northern Territory. Making her the first Indigenous woman elected to federal Parliament.

NOVA PERIS: I'm immensely proud of who I am and where I hail from. It's majestic.

While in government she continued to campaign for recognition of First Nations peoples, education, health and sports development. While she left politics in 2016, Nova has still spoken out about big issues. Showing support for the Australian Republic Movement, as well as the Voice referendum.

NOVA PERIS: We just want to be equal. We want to be free, and you need to understand our starting point. You know, we've endured a lot of trauma in this country for a lot of years.

Over the years Nova has been given many honours and awards. Celebrating her athletic achievements, her political work and her influence as a role model for Indigenous women.

Closer

Well, that's all we've got for you, but we'll be back next week with more. In the meantime, you can catch Newsbreak every weeknight right here in the studio. We've also got BTN high for you high-schoolers and soon-to-be highschoolers and there's heap to see and do on our website. Have an awesome week and I'll see you next time. Bye.