Health and Physical Education

Health and Physical Education

Pre-primary year Syllabus

Year Level Description

In Pre-primary, the content provides the basis for developing knowledge, understanding and skills for students to lead healthy, safe and active lives. Students focus on becoming aware of their strengths and the simple actions they can take to keep safe and healthy. Opportunities are provided for students to better understand their own feelings and explore the ways they can communicate their feelings to others. Students are provided with opportunities to develop personal and social skills necessary to effectively interact with others and build relationships.

Students are encouraged to explore a range of environments through active play and structured movement activities. They focus on the introduction and development of basic fundamental movement skills across a range of settings to improve their competence and confidence in their movement abilities. They are provided with opportunities to work collaboratively, follow rules and problem solve through games and physical activities.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

Personal, social and community health

BEING HEALTHY, SAFE AND ACTIVE

Personal strengths of individuals (ACPPS001)

- Literacy
- Critical and creative thinking

Movement and physical activity

MOVING OUR BODY

Body management skills:
- static balance (one foot)
- line walk

(ACPMP008)
The different parts of the body and where they are located (ACPPS002)

Locomotor skills:
- run
- jump (two foot)
- hop
- gallop (ACPMP008)

Object control skills:
- kick off the ground
- catch (ACPMP008)

Fundamental movement skills in simple games with or without equipment (ACPMP009)

The ways in which regular physical activity keeps individuals healthy and well (ACPMP010)

Ways to maintain a balanced position when walking, running, hopping and jumping (ACPMP011)
different situations, such as feeling:

- happy
- sad
- excited
- tired
- angry
- scared
- confused

(ACPPS005)

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

Actions that promote health, safety and wellbeing, such as:

- eating healthy food
- practising appropriate personal hygiene routines
- identifying household substances that can be dangerous
- following safety symbols and procedures

(ACPPS006)

LEARNING THROUGH MOVEMENT

Cooperation with others when participating in physical activities, including partners, small groups and whole class (ACPMP012)

Rules when participating in physical activities:

- use of boundaries
- safe use of appropriate equipment
- responding to a whistle and commands/instructions

(ACPMP014)

Safe active play in outdoor settings and the natural environment (ACPPS007)
**Achievement standard**

To be developed in 2015 using (assessment) work sample evidence to ‘set’ standards through paired comparisons.

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**Year 1 Syllabus**

**Year Level Description**

In Year 1, the content builds on the learning from Pre-primary and supports students to better understand their personal identities and how these change over time. Students learn about physical changes to the body as they grow and why it is important to eat a healthy diet and participate in regular physical activity. They develop strategies to keep healthy and safe, and skills to enhance their interactions with others. Opportunities are given to explore health messages in the media and how they influence choices and behaviours.

Students focus on continuing to develop fundamental movement skills to use space more effectively and explore ways to select, transfer and apply simple movement skills. They learn about changes to the body when exercising, and work cooperatively to learn new skills and solve movement challenges through games and physical activities.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

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**Personal, social and community health**

**BEING HEALTHY, SAFE AND ACTIVE**

Personal strengths and how these change over time

*(ACPPS015)*

- Literacy
- Critical and creative thinking
- Personal and social capability

The strengths of others and how they contribute to positive outcomes, such as games and physical activities

**Movement and physical activity**

**MOVING OUR BODY**

Body management skills:
- side roll (pencil)

*(ACPMP025)*

Personal and social capability

Locomotor skills:
- jump (one foot)
- dodge
Ways in which the body changes as individuals grow older (ACPPS016)

Strategies to use when help is needed, such as:
- dialling 000 in an emergency
- reading basic safety signs
- accessing a safety house or a trusted network
- asking a trusted adult

The benefits of healthy eating and regular physical activity on health and wellbeing (ACPPS017)

Fundamental movement skills involving the control of objects in simple games:
- kick
- catch
- bounce

UNDERSTANDING MOVEMENT

Physical changes to the body when exercising, such as:
- raised heart rate
- increased breathing rate

Ways to maintain a balanced position while performing various skills, such as throwing or running (ACPMP028)
Positive ways to react to their own emotions in different situations, such as:
- walking away
- seeking help
- remaining calm

Ways health messages are communicated on:
- television
- posters
- radio

Actions that support a safe classroom, such as:
- moving around safely
- sharing appropriately
- following class rules

**LEARNING THROUGH MOVEMENT**

Strategies that will assist with involving everyone in games (ACPMP030)

Cooperation skills in partner and group work during physical activity practices (ACPMP030)

Simple rules and fair play in partner, group activities and minor games (ACPMP032)

Alternative ways in which tasks can be performed when solving movement challenges (ACPMP031)
Achievement standard

To be developed in 2015 using (assessment) work sample evidence to ‘set’ standards through paired comparisons.

Year 2 Syllabus

Year Level Description

In Year 2, the content supports students to make decisions that enhance and promote personal health and wellbeing. Students focus on becoming more aware of their personal identity and how their social interactions and relationships change over time. They explore a variety of strategies and behaviours to keep safe and healthy. Students further develop social skills, becoming aware of the feelings of others in different situations and demonstrating positive ways to respond, such as including peers in activities. Opportunities are provided to further explore health messages in the media and the ways they influence a healthy, active lifestyle.

Students broaden the range and complexity of fundamental movement skills practised, and gain confidence in applying skills in game situations. Through active participation, they continue to explore changes to the body during exercise, and develop personal and social skills to cooperate with, and include, others in physical activities. They are provided with opportunities to work collaboratively, and develop skills to make positive choices and play fairly with others in physical activity challenges.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.
Personal strengths and achievements and how they contribute to personal identities (ACPPS015)

- Literacy
- Critical and creative thinking
- Personal and social capability

Changes in relationships and responsibilities as individuals grow older (ACPPS016)

- Literacy
- Critical and creative thinking
- Personal and social capability

Strategies to use when help is needed:

- procedure and practice for dialling 000 in an emergency
- locating safety houses and trusted networks in the local community

Strategies and behaviours that promote health and wellbeing:

- personal hygiene practices
- healthy eating
- sufficient sleep
- staying hydrated
- regular physical activity

Body management skills:

- forward roll

Locomotor skills:

- jump for height

Object control skills:

- overarm throw
- punt
- two-hand side strike

Fundamental movement skills involving the control of objects in simple games:

- overarm throw
- kick

Simple games that use a combination of movement skills

- Literacy
- Numeracy
- Critical and creative thinking
- Personal and social capability
COMMUNICATING AND INTERACTING FOR HEALTH AND WELL BEING

Strategies to include others in activities and games

(ACPPS019)

- Literacy
- Critical and creative thinking
- Personal and social capability

Ways to interpret the feelings of others in different situations, such as:

- words other people use
- facial expressions
- body language

(ACPPS020)

- Literacy
- Critical and creative thinking
- Personal and social capability

Ways health messages are communicated in the media and how they can influence personal health choices, such as 'slip, slop, slap' (ACPPS021)

- Literacy
- Critical and creative thinking
- Personal and social capability

UNDERSTANDING MOVEMENT

Positive responses to physical activity, such as a feeling of wellbeing (ACPMP028)

- Literacy
- Personal and social capability

Ways in which the body reacts during physical activity (ACPMP028)

- Literacy
- Personal and social capability

Ways to maintain a balanced position while performing various skills (ACPMP029)

- Numeracy
- Personal and social capability

LEARNING THROUGH MOVEMENT

Positive choices when participating in group activities, such as:

- dealing with winning and losing
- encouraging team-mates

(ACPMP030)

- Literacy
- Critical and creative thinking
- Personal and social capability

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

Actions that keep people safe and healthy in and outside the classroom, such as:

- staying hydrated
- being sun smart
- following school rules

(ACPPS022)

- Literacy

Alternatives and their effectiveness when solving movement challenges, such as:

- gaining possession
- scoring
- changing positions
- use of equipment
Achievement standard

To be developed in 2015 using (assessment) work sample evidence to ‘set’ standards through paired comparisons.

Year 3 Syllabus

Year Level Description

In Year 3, the content further develops students' knowledge, understanding and skills in relation to their health, wellbeing and safety. Opportunities are provided for students to explore and strengthen their personal identity and broaden their understanding of physical, social and emotional changes as they grow older. Students practise skills and strategies to promote positive relationships, and interpret the accuracy of health information communicated in the media and online environments.

Students continue to build on previous learning and develop greater proficiency across the range of fundamental movement skills. They combine skills to create cohesive movement patterns and sequences, and develop strategies that support them to achieve physical activity goals. Students are introduced to the benefits of regular physical activity and the impact on health and wellbeing. They also focus on developing personal and social skills, such as cooperation, which support inclusive practices.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.
Factors that strengthen personal identities, such as the influence of:

- family
- friends
- school

(ACPPS033)

Literacy
Critical and creative thinking
Personal and social capability

Physical, social and emotional changes that occur as individuals grow older, such as changes to:

- the body
- friendships
- feelings

(ACPPS034)

Literacy
Critical and creative thinking
Personal and social capability

Assertive behaviours and communication skills to respond to unsafe situations, such as:

- keeping calm
- using appropriate non-verbal communication skills
- seeking help

(ACPPS035)

Literacy
Critical and creative thinking
Personal and social capability

Fundamental movement skills:

- kick
- catch
- underarm throw
- overarm throw
- bounce

(ACPMP043)

Critical and creative thinking

Combination of locomotor and object control skills in minor games (ACPMP043; ACPMP044)

Locomotor skills:

- run
- jump
- hop
- dodge

(ACPMP043)

Critical and creative thinking

Ways to maintain a balanced position when performing locomotor and object control skills (ACPMP045)

Literacy
Numeracy
Critical and creative thinking
Personal and social capability

Movement skills and tactics to achieve an outcome:

- gaining possession
- navigating an obstacle course

Actions in daily routines that promote health, safety and wellbeing:
• healthy eating
• appropriate levels of physical activity

(COMMUNICATING AND INTERACTING FOR HEALTH AND WELL BEING)

Behaviours that show empathy and respect for others

(UNDERSTANDING MOVEMENT)

Benefits of regular physical activity and physical fitness to health and wellbeing:
• maintenance of a healthy weight
• prevention of some diseases

(LEARNING THROUGH MOVEMENT)

Cooperation skills to ensure everyone is included in all physical activities

Basic rules in a variety of physical activities and ways in which they keep activities safe and fair

(CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES)

Ways to be active in natural environments
Achievement standard

To be developed in 2015 using (assessment) work sample evidence to ‘set’ standards through paired comparisons.

Year 4 Syllabus

Year Level Description

In Year 4, the content provides opportunities for students to focus on personal, social and emotional factors that contribute to becoming persistent and resilient. Students learn about specific strategies to promote personal, social and emotional health and wellbeing, and positive relationships. They develop ways to foster respect and empathy.

Students focus on developing greater proficiency of movement across a range of skills and apply these with confidence and competence to a variety of physical activities. They continue to combine skills to create movement patterns and apply strategies to achieve successful outcomes, or solve movement challenges. They broaden their knowledge of the benefits of regular physical activity in relation to health and wellbeing. Students are taught to include others in all activities and how to recognise the consequences of personal and team actions, responding appropriately to ensure fair participation for all.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

Personal, social and community health

BEING HEALTHY, SAFE AND ACTIVE

Use of persistence and resilience as tools to respond positively to challenges and failure, such as:

- using self-talk
- seeking help
- thinking optimistically

(ACPPS033)

Movement and physical activity

MOVING OUR BODY

Fundamental movement skills:

- kick
- catch
- underarm throw
- overarm throw
- bounce
- forehand strike

(ACPMP043)

Literacy

Critical and creative thinking

Personal and social capability

Personal and social capability

Combination of locomotor and object control skills in
physical, social and emotional changes, such as:

- positive self-talk
- assertiveness
- seeking help
- sharing responsibilities

(ACPPS034)

Personal and social capability

Literacy

Critical and creative thinking

Personal and social capability

Personal behaviours and strategies to remain safe in uncomfortable or unsafe situations, such as:

- being alert and aware of unsafe situations
- using assertive behaviour and language
- knowing who or where to go for help in the community

(ACPPS035)

Personal and social capability

Literacy

Critical and creative thinking

Personal and social capability

Strategies to ensure safety and wellbeing at home and at school, such as:

- following school rules
- identifying and choosing healthier foods for themselves

(ACPPS036; ACPSS040)

Personal and social capability

Literacy

Critical and creative thinking

Personal and social capability

UNDERSTANDING MOVEMENT

Benefits of regular physical activity and physical fitness to health and wellbeing:

- improved sleep
- social contact

(ACPMP046)

Literacy

MINOR GAMES (ACPMP043; ACPMP044)

Personal and social capability

Locomotor skills:

- run
- jump
- dodge

(ACPMP043)

Personal and social capability

Ways to maintain a balanced position when connecting movements (ACPMP045)

Movement skills and tactics to achieve an outcome:

- creating scoring opportunities
- problem solving to achieve an outcome

(ACPMP045)

Personal and social capability

COMMUNICATING AND INTERACTING FOR HEALTH AND WELL BEING

The positive influence of respect, empathy and the valuing of differences in relationships (ACPPS037)
Strategies to identify and manage emotions before reacting (ACPPS038)

Strategies to cope with adverse situations and the demands of others (ACPPS038)

Ways in which health information and messages can influence health decisions and behaviours (ACPPS039)

Movement skills that combine the elements of effort, space, time, objects and people (ACPMP047)

Cooperation skills and practices to ensure everyone is included in all physical activities (ACPMP048)

Transfer of skills and knowledge to solve movement challenges (ACPMP049)

Basic rules and scoring systems to keep physical activities safe and fair (ACPMP050)

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

Ways in which regular physical activity in natural and built environments promotes health (ACPPS041)

Achievement standard
To be developed in 2015 using (assessment) work sample evidence to ‘set’ standards through paired comparisons.

### Year 5 Syllabus

#### Year Level Description

In Year 5, the content provides students with the opportunity to focus on the influence of emotional responses on relationships and to develop skills and strategies to manage changing relationships occurring at key transition points in their lives. They learn about ways they can take action to promote safe and healthy lifestyle practices in a range of contexts. They also focus on the importance of preventive measures to enhance their own health and promote a healthy lifestyle.

Students develop and refine greater proficiency across a range of specialised movement skills, strategies and tactics. They focus on improving awareness of body position in relation to objects, other people and space, and assess how this can help them to successfully achieve movement outcomes or goals.

Students examine the different roles and responsibilities associated with physical activity participation, and continue to apply ethical behaviour that is consistent with promoting fair play and championing appropriate sporting conduct.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

### Personal, social and community health

#### BEING HEALTHY, SAFE AND ACTIVE

Ways that individuals and groups adapt to different contexts and situations (ACPPS051)

- Literacy
- Critical and creative thinking
- Personal and social capability
- Intercultural understanding

Changes associated with puberty which vary with individuals:

- physical
- mental
- emotional

### Movement and physical activity

#### MOVING OUR BODY

Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and control (ACPMP061; ACPMP065)

- Literacy
- Numeracy
- Critical and creative thinking
- Personal and social capability

Linking of fundamental movement skills to specific skills used in organised games, sports and activities, such as linking throwing to basketball passing and shooting (ACPMP061; ACPMP065)

- Literacy
Reliable sources of information that inform health, safety and wellbeing, such as:

- internet-based information
- community health organisations
- publications and other media

Strategies that promote a safe, healthy lifestyle, such as:

- comparing food labels on products
- increased physical activity
- practising sun safety

Skills and strategies to establish and manage relationships over time, such as:

- exploring why relationships change
- assessing the impact of changing relationships on health and wellbeing
- building new friendships
- dealing with bullying and harassment

Basic strategies and tactics to successfully achieve a movement outcome or goal:

- body awareness
- spatial awareness
- relationship to and with objects, people and space

Strategies that promote a safe, healthy lifestyle, such as:

- comparing food labels on products
- increased physical activity
- practising sun safety

Skills and strategies to establish and manage relationships over time, such as:

- exploring why relationships change
- assessing the impact of changing relationships on health and wellbeing
- building new friendships
- dealing with bullying and harassment

Benefits of regular physical activity and physical fitness to physical, mental and emotional wellbeing:

- control of blood pressure
- reduced risk of heart disease
- reduced stress
- improved concentration

Manipulation and modification of the elements of effort, space, time, objects and people, and their effects on movement skills

Benefits of regular physical activity and physical fitness to physical, mental and emotional wellbeing:

- control of blood pressure
- reduced risk of heart disease
- reduced stress
- improved concentration

Skills and strategies to establish and manage relationships over time, such as:

- exploring why relationships change
- assessing the impact of changing relationships on health and wellbeing
- building new friendships
- dealing with bullying and harassment

Manipulation and modification of the elements of effort, space, time, objects and people, and their effects on movement skills
Ways in which inappropriate emotional responses impact on relationships, such as:

- loss of trust
- fear
- loss of respect

(ACPPS056)

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

Preventive health measures that promote and maintain an individual's health, safety and wellbeing, such as:

- bicycle safety
- sun safety

(ACPPS058)

Achievement standard

To be developed in 2015 using (assessment) work sample evidence to 'set' standards through paired comparisons.

Year 6 Syllabus
Year Level Description

In Year 6, the content provides students with the opportunity to refine and further develop skills and strategies to promote a healthy lifestyle including those that focus on minimising and managing conflict and building self-esteem to support healthy relationships. Students are provided with opportunities to develop skills in accessing reliable and up-to-date information, and continue to explore ways they can manage negative health influences and pursue a healthy lifestyle.

Students refine, consolidate and develop greater proficiency across a range of specialised skills, strategies and tactics in game situations and movement challenges. They focus on improving skill selection and awareness of body position in relation to objects, other people and space, in offensive and defensive contexts.

Students develop and refine interpersonal skills that support them to adopt different roles and responsibilities and perform these with competence and confidence. They are encouraged to further develop leadership roles in team situations, with a focus on sound ethical conduct and the application of a broad knowledge of sport-specific rules.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

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(ACPPS051)

- Literacy
- Critical and creative thinking
- Personal and social capability
- Intercultural understanding

Strategies and resources to understand and manage the changes and transitions associated with puberty, such as:

- minimising and managing conflict
- recognising and building self-esteem
- selecting and managing relationships

(ACPPS052)

- Literacy
- Critical and creative thinking

Linking of fundamental movement skills to specific skills used in organised games, sports and activities, such as linking kicking to passing and shooting in soccer

(ACPMP061; ACPMP065)

- Literacy
- Numeracy
- Critical and creative thinking
- Personal and social capability
Personal and social capability

Criteria that can be applied to sources of information to assess their credibility (ACPPS053)

Literacy

Information and Communication Technology (ICT) capability

Critical and creative thinking

Strategies that promote a healthy lifestyle, such as:

- refusing medicines, tobacco, alcohol or other drugs
- improving the nutritional value in meals
- increasing physical activity
- being safe in an online environment (ACPPS054)

Literacy

Numeracy

Critical and creative thinking

Personal and social capability

COMMUNICATING AND INTERACTING FOR HEALTH AND WELL BEING

Skills to establish and manage positive relationships, such as:

- showing respect and empathy
- being cooperative
- actively listening
- being trustworthy
- accepting differences (ACPPS055)

Personal and social capability

Basic strategies and tactics to successfully achieve an offensive or defensive outcome or goal:

- use of appropriate skills
- spatial awareness
- relationship to and with objects, people and space (ACPMP063)

Literacy

Numeracy

Critical and creative thinking

Personal and social capability

UNDERSTANDING MOVEMENT

Benefits of regular physical activity and physical fitness to health and wellbeing:

- control of weight and blood fats, such as cholesterol
- improved concentration (ACPMP064)

Literacy

Critical and creative thinking

Personal and social capability

The manipulation and modification of the elements of effort, space, time, objects and people, and their effects on movement skills (ACPMP065)

Personal and social capability

LEARNING THROUGH MOVEMENT

Interpersonal skills in physical activities, such as:

- encouragement of others
- negotiation and sharing roles and responsibilities
- dealing with conflicts and disagreements (ACPMP067)

Personal and social capability
- with family
- during sporting or physical activities

(ACPPS056)

Literacy
- Critical and creative thinking
- Personal and social capability
- Ethical understanding

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

Preventive health measures that can promote and maintain community health, safety and wellbeing, such as:
- creating social connections for better mental health
- meeting physical activity recommendations

(ACPPS058)

Literacy
- Critical and creative thinking
- Personal and social capability
- Ethical understanding

Achievement standard

To be developed in 2015 using (assessment) work sample evidence to ‘set’ standards through paired comparisons.