



Western Australian Curriculum

Health and Physical Education

Glossary | Pre-primary–Year 10

Acknowledgement of Country

Kaya. The School Curriculum and Standards Authority (the Authority) acknowledges that our offices are on Whadjuk Noongar boodjar and that we deliver our services on the country of many traditional custodians and language groups throughout Western Australia. The Authority acknowledges the traditional custodians throughout Western Australia and their continuing connection to land, waters and community. We offer our respect to Elders past and present.

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assertiveness

Communicating an individual's needs or wishes in a confident and direct manner, while maintaining a level of respect for all involved.

body autonomy

The right to make decisions over one's own life and future.

body awareness

An individual's perception of their body. This includes awareness of shapes made; space taken up; movements the body can accomplish; and each body part in isolation.

body management skills

Skills used to control the body in a variety of situations. These skills require an integration of agility, coordination, balance, and flexibility. They include rolling, stopping, bending, twisting, landing, stretching, climbing, static and dynamic balancing and turning.

built settings

Areas and spaces that are primarily constructed by humans, e.g. within buildings.

bystander behaviour

Conduct displayed by individuals who are present but not directly involved in an incident or event.

C

change

External conditions or situations that become different, e.g. stages in a young person's life, including puberty and adolescence; moving from primary school to secondary school on a different site; moving between different cultures defined by different behavioural expectations.

coercion

The act of persuading or compelling someone to do something through the use of threats or force.

community health

Focuses on work within defined communities to maintain and improve the health and wellbeing of all people in that community through collective action.

complementary health practices

Products, practices and philosophies that are not part of traditional, standard care. Also referred to as alternative therapy, alternative medicine and holistic therapy. Examples include acupuncture, herbal medicine, and biofeedback.

complexity

An indication of how complicated a process or action may be, especially when this involves many parts or sections.

consent

Informed and freely given agreement to engage in an activity, or permission for a specific thing to happen. This includes agreement and permission giving in online and offline situations.

consistency

Performance of skills that reflects a steady, uniform and reliable standard.

context

The situation or setting of an event, problem or application, whether real or constructed.

contextual factors

A range of determinants that can influence health, safety, wellbeing and physical activity participation. These include, but are not limited to, personal, social, cultural, economic and political factors that exist in differing ways and have varying impacts across population groups.

contingency plans

A set of actions designed to deal with, or respond to, changing situations or emergencies.

control

Performance of skill that reflects the ability to manipulate movements or objects in order to achieve a desired outcome.

cooperation skills

Skills that an individual can use in order to work with others to produce an outcome.

coping skills

Ways in which people manage and adapt in order to reduce stress or deal with difficult situations as they occur.

critical inquiry approach

Focuses on how contextual factors influence the health, safety, wellbeing and physical activity participation of individuals, groups and communities. It provides opportunities for students to develop skills, self-efficacy and dispositions to advocate for, and positively influence, their own and others' health and wellbeing. It involves critical analysis and critical evaluation of health and physical activity knowledge in order to make informed judgments and take appropriate action.

critically analyse

To break down and study the parts of an issue or information in order to form a critical judgment. It can involve asking questions, identifying problems and solutions, applying knowledge, stating an argument and supporting it with evidence, or making comparisons and evaluating.

critically evaluate

To assess an issue or information in order to form a critical judgment. It involves making informed judgments or decisions about the worth, validity and reliability of opinions, ideas and knowledge.

cultural beliefs

Something that is accepted, considered to be true, or held as an opinion within a cultural group.

cultural diversity

The existence of a variety of cultural or ethnic groups within a society, including differences in race, ethnicity, language, nationality and religion.

cultural identities

The feeling of belonging to nationality, ethnicity, religion, social class, generation, locality and any kind of social group that has its own distinct culture.

cultural influences

Historical, geographical and familial factors that affect an individual's ideas, beliefs, values, and knowledge based on that person's nationality, ethnicity, religion, social class, generation, locality and any kind of social group.

demonstrate

To give a practical exhibition or explanation.

describe

To give an account of characteristics or features which includes all relevant information.

design

To plan and evaluate the construction of a product or process.

develop

To elaborate or expand in detail.

digital tools

Digital hardware, software, platforms and resources used to develop and communicate learning, ideas and information.

dimensions of health

Variables that influence an individual's level of overall health. Frequently referred to as physical, social, emotional, mental and spiritual dimensions.

discrimination

The unjust or prejudicial treatment of a person or group. Types include racism, homophobia, transphobia, ableism and sexism.

diversity

The mix of people in a group or society; i.e. differences in factors, such as age, abilities, culture and religion and/or in how people identify in relation to factors, such as gender and sexuality.

drug

Any substance that alters the body's function, including prescription drugs, performance-enhancing or synthetic drugs, caffeine, nicotine, and alcohol.

dynamic drills

Physical activities that usually incorporate the performance of multiple skills, often in game-like scenarios or situations that could be experienced in competition.

elements of movement

Variables that are combined in the composition and performance of movement. These elements are effort, time, space, objects and people.

emotional health

The ability to recognise, understand and effectively manage emotions and to use this knowledge when thinking, feeling and acting.

empathy

The ability to understand and share the feelings of another person.

ethical behaviour

The way in which an individual behaves that demonstrates honesty, fairness and equity, and respects the diversity and rights of others.

fine motor skills

Precise movements made using smaller muscles in the body.

fluency

Skills performed with movement that is fluid, smooth and/or graceful.

force

A push or pull on an object through various means that may cause that object to move faster or slower or change its direction.

fundamental movement skills

Basic movements or precursor patterns that form the basis for physical activities, including dance and sports. These can include locomotor, non-locomotor, axial movements and object control skills.

gender

Those characteristics of women and men that are socially constructed. It is complex and involves a number of components, including biological sex, i.e. male or female; gender identity, i.e. the psychological sense of being male or female; social sex role, i.e. adherence to cultural norms of feminine and masculine behaviour.

gender stereotypes

The beliefs that people have about the characteristics of males and females. Stereotypes can vary between cultures and over time. Gender stereotyping can be harmful to people of all genders.

gross motor skills

Movements involving whole body or larger muscles.

harm minimisation

A strategy that aims to lower the risks and harmful consequences associated with drug use and other high-risk behaviours, rather than simply promoting abstinence.

harmful substances

Any substance that may cause negative health effects on an individual.

health-enhancing behaviours

A range of behaviours that if practised regularly will improve a person's overall health and wellbeing.

health information

Information, advice or direction related to health, safety and wellbeing.

health information messages

Any message, advertising, information, advice or direction related to health, safety and wellbeing.

health literacy

Any message or advertising related to the health and wellbeing of people. These can be in the form of TV or magazine advertisements, media articles, product labelling, or portrayal of 'healthy' choices in the media.

help-seeking strategy

A method of coping through the gathering of information or support from others, including social and emotional support.

holistic health

A field of alternative medicine in which the body, mind and spirit or the physical, emotional/mental and spiritual aspects of the 'whole person' is the focus, not just the condition.

homophobia

Pertains to a single individual's or society's misunderstanding, fear, ignorance of or prejudice against gay, lesbian and/or bisexual people. Homophobia is also used as an umbrella term to include any form of discrimination or prejudice against LGBTQIA+ people.

identities

Characteristics and capabilities of a person or characteristics of a social group. These are constructed according to things, such as where we come from, who we relate to, how we belong and what we do.

inclusivity

The practice of including the different population groups, characterised along ethnic, racial, gender, sexual, age and geographic demographics, such as in a workplace.

informed choice

Making a decision after consideration of available information that is accurate and valid.

intimate relationships

Romantic relationships, sexual relationships, respectful relationships, sexual intercourse, sexual behaviours, decision-making.

locomotor skills

The ability to move from one place to another (e.g. walking, rolling, or skipping).

manipulate

To handle or control an object or piece of equipment.

manipulative skills

Movement skills that require an ability to handle an object or piece of equipment with control. They include skills, such as kicking, striking, dribbling or catching a ball. Also referred to as 'object control skills'.

marginalisation

The process of reducing the importance of a person or group. This could lead to that person or group becoming excluded from a variety of situations or being ignored.

mental health

A state of mental wellbeing in which a person can function and manage ordinary stresses.

minor games

Simple games designed for the practice of skills, tactics and strategies in a challenging situation.

modified games

Games or sports adapted to suit the skills and characteristics of students through alterations to rules, equipment and/or the playing field.

movement challenges

Movement tasks that require students to use a problem-solving approach to successfully complete the task. The solution can be verbalised, documented, or demonstrated.

movement concepts and strategies

A framework for enhancing movement performance.

- Movement concepts (or elements of movement) explored in the curriculum include body awareness, spatial awareness, effort awareness, and relationship to/with objects, people and space. Movement strategies refer to a variety of approaches that will help a player or team to successfully achieve a movement outcome or goal.
- Movement strategies include moving into space to receive a pass from a teammate or hitting the ball away from opponents in order to make it difficult to retrieve or return the ball. Different games and sports may require similar activities or goals and will therefore use similar movement strategies in order to achieve success.

movement sequences

A combination of skills and movement elements to enable a body or objects to move in response to a stimulus; or a planned order of movements.

movement situations

A situation where students are moving with the intent of achieving an outcome, such as to score a goal, perform a sequence of movements, retain possession or cross a creek.

natural settings

Places or areas that are formed by nature, such as bushland.

non-locomotor skills

Moving on the spot without any change in location. Skills include twisting (the rotation of a selected body part around its long axis), bending (moving a joint), swaying (fluidly and gradually shifting the centre of gravity from one body part to another), stretching (moving body parts away from the centre of gravity), turning (rotating the body along the long axis) and swinging (rhythmical, smooth motion of a body part resembling a pendulum).

norms

A designated standard of average performance of people of a given age, background, etc.

object control skills

Movement skills that require an ability to handle an object or piece of equipment with control. They include skills, such as kicking, striking, dribbling or catching a ball. Also referred to as manipulative skills.

online environments

The connection of computers/mobile devices to one or more computer/mobile device or network, such as the internet.

online safety

A range of measures and strategies aimed at protecting people from becoming vulnerable to harmful content and malicious and illegal online activities.

online tools

Digital hardware, software, platforms and resources that are connected and support communications between users. Examples of online tools include websites for online shopping and fitness apps.

outdoor education

Physical activity in the outdoors or natural settings which provides opportunities to connect as a community and to the natural environment.

persistence

The ability to continue with an opinion or action despite opposition or difficulty.

personal skills

An individual's abilities, aptitudes, strengths and capabilities.

personal qualities

Characteristics that make you who you are, including knowledge and skills that you bring to your work, and your attributes that define how you will go about applying yourself to a role or task.

physical activity

The process of moving the body that results in energy expenditure. Physical activity is a broad term that includes playing sport; exercise and fitness activities, such as dance, yoga and tai chi; everyday activities, such as walking to work, household chores and gardening; and many other forms of active recreation.

physical fitness

A measure of the body's ability to function efficiently, effectively and without injury in work and leisure activities, to pursue recreational activities and to cope with emergency situations. It is commonly conceptualised as being made up of health-related components, such as cardiorespiratory endurance, flexibility, body composition, muscular endurance and muscular strength and performance-related components, such as agility, balance, coordination, reaction time, power and speed.

play

Taking part in an activity for recreation or enjoyment.

positional awareness

Having an understanding or perception of where a body is in relation to the playing environment.

power

A sense of control; having choices and the ability to influence our environment and others.

precision

The degree of accuracy with which a movement is performed.

prejudice

A preconceived opinion or feeling that is not based on prior knowledge, reason or experience.

preventive health

Measures which direct resources to the prevention of ill health, the promotion of individual and community health and the reduction of health inequalities.

preventive health practices

Practices intended to protect, promote or maintain health and wellbeing and at the same time helping to prevent disease, disability or death.

protective behaviours

Behaviours which enable children to recognise and respond to situations in which their personal space and sense of safety may be compromised.

puberty

Physical changes, emotional changes, social changes, puberty, pubescent, body changes, growing up, growth, menstrual cycle, periods.

punt

Kicking a ball that is released from the hands.

recreation

Activity that people enjoy participating in during their free time and which is recognised as having socially worthwhile qualities. Active recreation requires physical exertion.

refusal skills

Skills that assist children and adolescents to avoid high-risk behaviours, such as sexual activity, crime, drug use or violence.

reproductive health

A state of physical, mental and social wellbeing in all matters relating to the reproductive system, at any stage of life.

resilience/resilient

The capacity to deal constructively with change or challenge, allowing the individual to maintain or re-establish their social and emotional wellbeing in the face of difficult events. It involves thoughts, feelings and actions.

respect

Behaviour that acknowledges and takes account of the rights, needs, wishes and feelings of others.

respectful relationships

Connections characterised by non-violence, equality, mutual respect and consideration and trust.

S

safety

Freedom from danger, injury or harm by assessing risk, making safe decisions and acting in ways that ensure the safety of themselves and others.

sedentary behaviour

Sitting or lying down. Activities that do not increase energy expenditure higher than resting levels; for example, watching television, gaming, or using a computer and other devices.

self-efficacy

An individual's belief in their ability to succeed in reaching a specific goal or completing a task, such as maintaining healthy and active habits, acquiring a new movement skill or meeting a personal challenge.

self-identity

An individual's perception of 'self' and their place in the world in relation to a range of personal characteristics and cultural norms and expectations.

self-regulation

The ability to understand and manage own behaviour and reactions to feelings and things happening in the environment.

sexual health

A positive and respectful approach to sexuality and sexual relationships, which may include engaging in pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

sexual identity

The label or name that a person uses to define and identify their sexuality.

sexuality

A central aspect of being human throughout life. It encompasses sex, gender identities and roles, sexual orientation, pleasure, intimacy and reproduction, and is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors.

social health

The ability to interact with the people around them and with social institutions, social values and norms.

social skills

Skills used to interact with other people which can involve both verbal and non-verbal communication.

societal influences

A change in an individual's thoughts, feelings, attitudes, or behaviours that results from interaction with another individual or group within a society.

societal norms

Behaviours, values, beliefs or attitudes as set out by a society or group.

spatial awareness

The ability of an individual to be aware of, and make decisions regarding their position in relation to space, objects or people.

spiritual health

A positive sense of belonging, meaning and purpose in life. It includes values and beliefs that influence the way people live and can be influenced by an individual's connection to themselves, others, nature and beyond.

sport

Human activity which involves physical exertion and skill, where an individual or team competes against others.

stereotypes

A standard/conventional image used to categorise a number of people based on characteristics, such as gender, sexuality, culture or physical appearance.

strategy

The identification of goals in preparation for a competitive situation.

strengths-based approach

An approach that focuses on the capacities, competencies, values and hopes that all students, regardless of their current circumstances, will optimise their own health and that of others.

tactic

The use of individual or team skills and methods in order to achieve an outcome or support a predetermined strategy.

tactical skills

Specific sport skills, movements or decisions that a player or team can use to achieve an outcome.

techniques

Movement patterns that support skilled performance, such as throwing, catching and jumping. Technical ability is only one aspect of skilled performance.

transitions

Internal processes or psychological reorientation people experience as a result of change.

trusted network

Reliable people who children feel comfortable talking to if they are upset or need help when engaged in online activities. They might include family members, carers, teachers.

V–Z

validity

The state of being logically or factually sound.

values

The relative worth, merit, or importance regarding what is good or bad. A person's values will often be reflected in their behaviour or decision-making process.

wellbeing

A sense of wellness and quality of life or the capacity to look after their own or others' health, safety and relationships, including developing and maintaining a healthy relationship with digital tools.