Government of **Western Australia**
School Curriculum and Standards Authority

Learning area organisation

Health and Physical Education

Propositions

Focus on educative purposes | Take a strengths-based approach | Value movement | Develop health literacy | Include a critical inquiry approach

Content strands

Personal, social and community health
- Personal identity and change
- Staying safe
- Healthy and active communities
- Interacting with others

Interrelated skills
- Interpersonal skills
- Communication skills
- Self-management skills
- Decision-making skills

Movement and physical activity
- Movement skills
- Understanding movement
- Interpersonal skills

Focus areas

Alcohol and other drugs | Food and nutrition | Health benefits of physical activity | Active play and minor games | Challenge and adventure activities | Fundamental movement skills

Mental health and wellbeing | Relationships and sexuality | Safety | Games and sports | Lifelong physical activities | Rhythmic and expressive activities

Propositions

The interrelated propositions provide a framework for exploring the learning described in Health and Physical Education in a way that will create relevance and meaning for all students. Individually and collectively the propositions should guide program planning and pedagogy.

Content strands

The content is organised under two strands: personal, social and community health (Health Education); and movement and physical activity (Physical Education). The content in each strand is organised under four interrelated sub-strands in Health Education, and three in Physical Education. The interrelated nature of the content of the Health and Physical Education curriculum provides opportunities for students to develop interpersonal, communication, self-management, and decision-making skills.

Focus areas

The focus areas indicate breadth of learning across P–10 and provide a context for student engagement with the content. A range of focus areas should be used to teach the content in each year of schooling and provide students with a breadth of learning that can be applied in their daily lives.

Ways of teaching

The Health and Physical Education curriculum provides opportunities for students to develop positive attitudes and values about their own health and wellbeing, as well as respect for the rights and values of others.

