**Western Australian Curriculum**

Health and Physical Education | P–10

**Health and Physical Education Scope and sequence**

This document contains the revised Scope and sequence for the Western Australian Health and Physical Education curriculum, with the addition of new content and examples for consent and examples of first aid, for implementation in 2024.

The *Early Years Learning Framework* (*EYLF*) and the *Western Australian Curriculum and Assessment Outline* (the *Outline*) work together to give all students the best opportunity to develop and learn. Teachers of Pre-primary to Year 2 classes utilise both the *EYLF* and the *Outline* when planning teaching and learning programs.

**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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**Disclaimer**

Any resources such as texts, websites and so on that may be referred to in this document are provided as examples of resources that teachers can use to support their learning programs. Their inclusion does not imply that they are mandatory or that they are the only resources relevant to the course. Teachers must exercise their professional judgement as to the appropriateness of any they may wish to use.

|  | **Pre-primary** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
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| **Attitudes and values**Students identify attitudes and values for a healthy, active lifestyle and demonstrate values consistent with the prevention of ill-health; the acceptance of personal responsibility for their health and physical activity levels; respect for social justice principles; and a commitment to personal achievement. 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 individualsThe different parts of the body and where they are locatedProtective behaviours to keep safe and healthy:* saying ‘no’
* moving away
* telling an adult
* asking for help

Trusted people in the community who can help individuals feel safe | Personal strengths and how these change over timeThe strengths of others and how they contribute to positive outcomes; for example, games and physical activitiesWays in which the body changes as individuals grow olderStrategies to use when help is needed; for example:* dialling 000 in an emergency and providing relevant information
* 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 | Personal strengths and achievements and how they contribute to personal identitiesChanges in relationships and responsibilities as individuals grow olderStrategies to use when help is needed:* knowing and practising the procedure for dialling 000 in an emergency; for example, responding to an allergic reaction
* locating safety houses and trusted networks in the local community

Strategies and behaviours that promote health and wellbeing; for example:* personal hygiene practices
* healthy eating
* sufficient sleep
* staying hydrated
* regular physical activity
 | Factors that strengthen personal identities; for example, the influence of:* family
* friends
* school

Physical, social and emotional changes that occur as individuals grow older; for example, changes to:* the body
* friendships
* feelings

Protective behaviours and communication skills to respond to unsafe situations; for example:* keeping calm
* using appropriate non‑verbal communication skills

Strategies to use when help is needed; for example:* seeking help to ensure the safety of themselves and others

Actions in daily routines that promote health, safety and wellbeing; for example:* healthy eating
* appropriate levels of physical activity
 | Use of persistence and resilience as tools to respond positively to challenges and failure; for example:* using self‑talk
* seeking help
* thinking optimistically

Strategies that help individuals to manage the impact of physical, social and emotional changes; for example:* positive self‑talk
* assertiveness
* seeking help
* sharing responsibilities

Personal behaviours and strategies to remain safe in uncomfortable or unsafe situations; for example:* being alert and aware of unsafe situations
* using assertive behaviour and language
* knowing who or where to go for help in the community

Strategies to ensure safety and wellbeing at home and at school; for example:* following school rules
* identifying and choosing healthier foods for themselves
* making decisions that keep themselves and others safe in a range of situations
 | Ways that individuals and groups adapt to different contexts and situationsChanges associated with puberty which vary with individuals:* physical
* mental
* emotional

Reliable sources of information that inform health, safety and wellbeing; for example:* internet‑based information
* community health organisations
* publications and other media

Strategies that promote a safe, healthy lifestyle; for example:* comparing food labels on products
* increasing physical activity
* practising sun safety
* using action plans for emergency situations to ensure the safety of themselves and others
 | Ways that personal identities change over timeStrategies and resources to understand and manage the changes and transitions associated with puberty; for example:* minimising and managing conflict
* recognising and building self‑esteem
* selecting and managing relationships

Criteria that can be applied to sources of information to assess their credibilityStrategies that promote a healthy lifestyle; for example:* refusing medicines, tobacco, alcohol or other drugs
* improving the nutritional value of meals
* increasing physical activity
* being safe in an online environment
* developing and practising action plans for emergency situations to ensure the safety of themselves and others
 |
| **Communicating and interacting for health and wellbeing** | Personal and social skills to interact with others:* expressing needs, wants and feelings
* active listening
* self‑discipline

Emotional responses individuals may experience in different situations; for example, feeling:* happy
* sad
* excited
* tired
* angry
* scared
* confused

Appropriate language and actions to communicate feelings in different situations, including exploring how to seek, give or deny permission when sharing possessions or personal space; for example:* practising and refining how to ask for permission
* negotiating roles and demonstrating awareness of rights (such as body autonomy/integrity) and respect for different perspectives through imaginative and shared play experiences
* sharing or negotiating in play and respecting someone’s right to say no
 | Appreciation and encouragement of the behaviour of others through the use of:* manners
* positive language
* praise

Positive ways to react to their own emotions in different situations; for example:* walking away
* seeking help
* remaining calm

Strategies to use when needing to seek, give or deny permission are practised; for example:* saying ‘yes’ and ‘no’ in an assertive manner, and using non-verbal body cues and gestures
* interacting with others in a fair and respectful way in play and other activities, regardless of differences in gender, abilities, race or personality

Ways health messages are communicated on:* television
* posters
* radio
 | Strategies to include others in activities and gamesWays to interpret the feelings of others in different situations; for example:* words other people use
* facial expressions
* body language

Strategies to use when needing to seek, give or deny permission are practised; for example:* saying ‘no’ to inappropriate touching

Ways health messages are communicated in the media and how they can influence personal health choices; for example, ‘slip, slop, slap, seek and slide’ | Behaviours that show empathy and respect for othersCircumstances that can influence the level of emotional response to situationsStrategies for seeking, giving and denying permission are rehearsed and refined, and situations where permission is required are described; for example:* exploring giving consent for their photo to be shared
* actions they can take if someone has done something hurtful or disrespectful to them
* actions they can take if someone has done something without their permission or consent, including in online environments

Choices and behaviours conveyed in health information and messages | The positive influence of respect, empathy and the valuing of differences in relationshipsStrategies to identify and manage emotions before reactingStrategies for seeking, giving and denying permission are rehearsed and refined, and situations where permission is required are described; for example:* exploring actions they can take when they or others are unsafe, such as saying no, leaving the situation and reporting the incident
* discussing how to use strategies in situations in which someone posts an embarrassing picture online without permission, touches private parts of their body, or uses violence

Strategies to cope with adverse situations and the demands of othersWays in which health information and messages can influence health decisions and behaviours | Skills and strategies to establish and manage relationships over time; for example:* exploring why relationships change
* assessing the impact of changing relationships on health and wellbeing
* building new friendships
* dealing with bullying and harassment

Ways in which inappropriate emotional responses impact on relationships; for example:* loss of trust
* fear
* loss of respect

Strategies for seeking, giving or denying consent are described, and how to communicate intentions effectively are rehearsed; for example:* exploring the steps of asking, responding, listening and reacting~~,~~ and practising how to communicate their intentions effectively at each step
* interpreting verbal and non-verbal cues related to seeking, giving and denying consent in a range of situations
 | Skills to establish and manage positive relationships; for example:* showing respect and empathy
* being cooperative
* actively listening
* being trustworthy
* accepting differences

Situations in which emotions can influence decision‑making:* in peer group
* with friends
* with family
* during sporting or physical activities

Strategies for seeking, giving or denying consent are described, and how to communicate intentions effectively are rehearsed; for example:* analysing how a person’s reaction to being denied permission to do something can affect others’ feelings and discussing options for dealing with situations when this may occur, such as feelings of disappointment, shame and anger associated with rejection
 |
| **Contributing to healthy and active communities** | Actions that promote health, safety and wellbeing; for example:* eating healthy food
* practising appropriate personal hygiene routines
* identifying household substances that can be dangerous
* following safety symbols and procedures
* rehearsing help‑seeking strategies that contribute to keeping themselves and others safe

Safe active play in outdoor settings and the natural environment  | Actions that support a safe classroom; for example:* moving around safely
* sharing appropriately
* following class rules

Physical activities that can take place in natural and built settings in the local community | Actions that keep people safe and healthy in and outside the classroom; for example:* staying hydrated
* being sun smart
* following school rules
 | Ways to be active in natural environments  | Ways in which regular physical activity in natural and built environments promotes health | Preventive health measures that promote and maintain an individual’s health, safety and wellbeing; for example:* bicycle safety
* sun safety
 | Preventive health measures that can promote and maintain community health, safety and wellbeing; for example:* creating social connections for better mental health
* meeting physical activity recommendations
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|  | **Pre-primary** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Movement and physical activity** |
| **Moving our body** | Body management skills:* static balance (one foot)
* line walk

Locomotor skills:* run
* jump (two foot)
* hop
* gallop

Object control skills:* kick off the ground
* catch

Fundamental movement skills in simple games with or without equipment | Body management skills:* side roll (pencil)

Locomotor skills:* jump (one foot)
* dodge
* skip

Object control skills:* underarm throw
* ball bounce

Fundamental movement skills involving the control of objects and simple games:* kick
* catch
* bounce
 | 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 and simple games:* overarm throw
* kick

Simple games that use a combination of movement skills | Fundamental movement skills:* kick
* catch
* underarm throw
* overarm throw
* bounce

Combination of locomotor and object control skills in minor gamesLocomotor skills:* run
* jump
* hop
* dodge

Ways to maintain a balanced position when performing locomotor and object control skillsMovement skills and tactics to achieve an outcome:* gaining possession
* navigating an obstacle course
 | Fundamental movement skills:* kick
* catch
* underarm throw
* overarm throw
* bounce
* forehand strike

Combination of locomotor and object control skills in minor gamesLocomotor skills:* run
* jump
* dodge

Ways to maintain a balanced position when connecting movementsMovement skills and tactics to achieve an outcome:* creating scoring opportunities
* problem solving to achieve an outcome
 | Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and controlLinking of fundamental movement skills to specific skills used in organised games, sports and activities, such as linking throwing to basketball passing and shootingBasic strategies and tactics to successfully achieve a movement outcome or goal:* body awareness
* spatial awareness
* relationship to and with objects, people and space
 | Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and controlLinking of fundamental movement skills to specific skills used in organised games, sports and activities, such as linking kicking to passing and shooting in soccerBasic 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
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Health and physical education – Scope and sequence P–6

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|  | **Pre-primary** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Understanding movement** | The ways in which regular physical activity keeps individuals healthy and wellWays to maintain a balanced position when walking, running, hopping and jumping | 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 | Positive responses to physical activity, such as a feeling of wellbeingWays in which the body reacts during physical activityWays to maintain a balanced position while performing various skills | Benefits of regular physical activity and physical fitness to health and wellbeing:* maintenance of a healthy weight
* prevention of some diseases

Movement skills that combine the elements of effort, space, time, objects and people  | Benefits of regular physical activity and physical fitness to health and wellbeing:* improved sleep
* social contact

Movement skills that combine the elements of effort, space, time, objects and people | 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 health and wellbeing:* control of weight and blood fats, such as cholesterol
* improved concentration

The manipulation and modification of the elements of effort, space, time, objects and people, and their effects on movement skills |
| **Learning through movement** | Cooperation with others when participating in physical activities, including partners, small groups and whole classRules when participating in physical activities:* use of boundaries
* safe use of appropriate equipment
* responding to a whistle and commands/instructions
 | Strategies that will assist with involving everyone in games Cooperation skills in partner and group work during physical activity practicesAlternative ways in which tasks can be performed when solving movement challengesSimple rules and fair play in partner, group activities and minor games | Positive choices when participating in group activities, such as:* dealing with winning and losing
* encouragingteam-mates

Alternatives and their effectiveness when solving movement challenges, such as:* gaining possession
* scoring
* changing positions
* use of equipment

Importance of rules and fair play in partner, group activities and minor games | Cooperation skills to ensure everyone is included in all physical activitiesBasic rules in a variety of physical activities and ways in which they keep activities safe and fair | Cooperation skills and practices to ensure everyone is included in all physical activitiesTransfer of skills and knowledge to solve movement challengesBasic rules and scoring systems to keep physical activities safe and fair | Responsibilities of different roles in a range of physical activities, such as:* player
* coach
* referee/umpire

Ethical behaviour in applying rules in all game situations | Interpersonal skills in physical activities, such as:* encouragement of others
* negotiation and sharing roles and responsibilities
* dealing with conflicts and disagreements

Solutions to movement challenges through the use of basic strategies and tacticsModification of rules and scoring systems in physical activities to create a more inclusive game and fairer contest |

|  | **Year 7** | **Year 8** | **Year 9** | **Year 10** |
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| **Attitudes and values**Students identify attitudes and values for a healthy, active lifestyle and demonstrate values consistent with the prevention of ill-health; the acceptance of personal responsibility for their health and physical activity levels; respect for social justice principles; and a commitment to personal achievement. 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** | Feelings and emotions associated with transitions, and practising self‑talk and help‑seeking strategies to manage these transitionsStrategies to promote safety in online environmentsManagement of emotional and social changes associated with puberty through the use of:* coping skills
* communication skills
* problem‑solving skills and strategies

Help‑seeking strategies that young people can use in a variety of situationsStrategies to make informed choices to promote health, safety and wellbeing; for example:* researching nutritious meals that offer value for money
* proposing alternatives to medicine
* demonstrating basic first aid in medical circumstances, such as asthma, allergies, and anaphylaxis
* examining accessible physical activity options in the community
 | The impact of physical changes on gender, cultural and sexual identitiesWays in which changing feelings and attractions form part of developing sexual identitiesStrategies for managing the changing nature of peer and family relationshipsCommunication techniques to persuade someone to seek helpThe reasons why young people choose to use or not use drugsSkills and strategies to promote physical and mental health, safety and wellbeing in various environments; for example:* assertive responses
* stress management
* refusal skills
* online environments
* making informed choices
* contingency plans
* demonstrating basic first aid in medical circumstances, such as non-life-threatening bleeds, sprains and strains
 | Factors that shape identities and adolescent health behaviours, for example the impact of:* cultural beliefs and practices
* family
* societal norms
* stereotypes and expectations
* the media
* body image

Skills to deal with challenging or unsafe situations:* refusal skills
* initiating contingency plans
* expressing thoughts, opinions, beliefs
* acting assertively

Actions and strategies to enhance health and wellbeing in a range of environments; for example:* the use of complementary health practices to support and promote good health
* responding to emergency situations to administer first aid, such as Danger, Response, Send, Airway, Breathing, Compression, Defibrillation (DRSABCD)
* identifying and managing risky situations
* safe blood practices

Impact of external influences on the ability of adolescents to make healthy and safe choices relating to:* sexuality
* alcohol and other drug use
* risk taking
 | The impact of societal and cultural influences on personal identity and health behaviour, for example:* how diversity and gender are represented in the media
* differing cultural beliefs and practices surrounding transition to adulthood

Skills and strategies to manage situations where:* risk is encouraged by others
* response to an emergency situation is required; for example:
	+ water environments
	+ road traumas
	+ alcohol and other drugs

Analysis of images and messages in the media related to:* alcohol and other drugs
* body image
* fast food
* road safety
* relationships

External influences on sexuality and sexual health behaviours, including the impact decisions and actions have on their own and others’ health and wellbeing |
| **Communicating and interacting for health and wellbeing** | The impact of relationships on own and others’ wellbeing:* the benefits of relationships
* the influence of peers and family
* when applying online and social protocols to enhance relationships

Strategies and skills to communicate assertively when seeking, giving or denying consent are explained and applied; for example:* exploring assertive and respectful communication
* understanding and applying online and social protocols to enhance relationships with others and protect their own wellbeing, including recognising and responding to online content that may be harmful for themselves or others (such as grooming or image-based abuse), respectfully communicating needs or concerns to others
 | The impact bullying and harassment can have on relationships, including online relationships, and the health and wellbeing of themselves and othersStrategies and skills to communicate assertively when seeking, giving or denying consent are explained and applied; for example:* exploring assertive and respectful communication
* examining the nature of consent in different types of relationships

Personal, social and cultural factors influencing emotional responses and behaviour; for example:* prior experience
* norms and expectations
* personal beliefs and attitudes

Sources of health information that can support people who are going through a challenging time | Characteristics of respectful relationships:* respecting the rights and responsibilities of individuals in the relationship
* respecting personal differences and opinions
* empathy

Strategies for managing emotional responses and resolving conflict in a family, social or online environmentStrategies are examined, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs that can support the development of respectful relationships, including sexual relationships; for example:* describing strategies that enhance the safety and wellbeing of sexual partners, such as communicating feelings of each party, respecting boundaries and choices, gaining affirmative consent, assertive communication and respecting individuals’ rights
* investigating the Western Australian legal requirements in relation to seeking, giving, refusing and accepting the refusal of consent, and considering how these laws relate to relationships with friends, colleagues, strangers and intimate partners, in both online and offline interactions

Skills to determine appropriateness and reliability of online health information | Skills and strategies to promote respectful relationships; for example:* appropriate emotional responses in a variety of situations
* taking action if a relationship is not respectful
* appropriate bystander behaviour in physical and online interactions

Effects of emotional responses on relationships; for example:* extreme emotions impacting on situations or relationships
* the consequences of not recognising emotions of others

Strategies are examined, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs that can support the development of respectful relationships, including sexual relationships; for example:* reflecting on the potential impact of their own behaviour on others and the importance of taking responsibility for their own actions to ensure they do no harm to others
* refining strategies to communicate clearly and respectfully their choices, needs and opinions in a range of relationship scenarios, such as in peer group, family or work situations

Critical health literacy skills and strategies:* evaluating health services in the community
* examining policies and processes for ensuring safer behaviours
 |
| **Contributing to healthy and active communities** | Preventive health practices for young people to avoid and manage risk; for example:* sun-protective behaviours
* adoption of the Australian Dietary Guidelines for healthy food choices and serving sizes

Health and social benefits of physical activity and recreational pursuits in natural and outdoor settings | Health promotion activities which target relevant health issues for young people and ways to manage themBenefits to individuals and communities of valuing diversity and promoting inclusivity; for example:* respecting diversity
* exploring how the traditions, foods and practices of different cultures enhance the wellbeing of the community
* challenging racism, homophobia, sexism and disability discrimination
* researching how stereotypes and prejudices have been challenged in various contexts
 | The implications of attitudes and behaviours on individuals and the community; for example:* prejudice
* marginalisation
* homophobia
* discrimination
 | Health campaigns and/or community‑based activities designed to raise awareness, influence attitudes, promote healthy behaviours and increase connection to the communitySocial, economic and environmental factors that influence health; for example:* level of education
* income/employment
* social networks and supports (family, friends and community attachment)
* housing
* access to services
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|  | **Year 7** | **Year 8** | **Year 9** | **Year 10** |
| **Movement and physical activity** |
| **Moving our body** | Movement skills and sequences within different physical activity contexts and settingsStrategic skills and tactical skills used to create, use and defend spaceDefensive skills used to gain control and retain possession | Movement skills and sequences within different physical activity contexts with a focus on:* increased accuracy and efficiency in skill performance
* control of balance and stability

Strategic skills and tactical skills used to create, use and defend space, such as altering body positions and applying specific tacticsDefensive skills used to achieve and retain possessionSelection of, and transfer of, tactics between movement contexts and settings | Movement skills and sequences within different physical activity contexts reflecting:* increased speed and accuracy
* increased complexity

Tactical skills used to create, use and defend space, such as selection of positionsSelection and adaption of responses to the outcome of previous performances | Movement skills and sequences within different physical activity contexts reflecting:* increased complexity
* transference of learned skills to new activities

Evaluation, selection and implementation of responses to changing conditions based on the outcome of previous performances |
| **Understanding movement** | Ways in which physical activities improve elements of health and fitness:* increased flexibility
* increased strength
* improved balance
* increased endurance
* increased power
* lowered heart rate
* lowered cholesterol
* improved body composition by lowering percentage of body fat
 | Measurement of the body’s response to physical activity:* heart rate
* breathing/respiration

Description of movement using basic terms referring to:* linear motion
* angular motion
* general motion
 | Measurement of the body’s response to physical activity:* flexibility
* strength
* balance
* endurance

Description of movement using basic kinematic and kinetic terms, such as:* projectile motion
* summation of forces
 | Measurement of the body’s response to physical activity:* hydration
* perceived exertion rating

Biomechanical concepts:* acceleration
* absorption of force by the body

Analysis of impact of changes to effort, space and time on performance and quality of outcomes |
| **Learning through movement** | Communication skills that support and enhance team cohesion, such as body language and listening skillsEthical behaviour and fair play when participating in physical activities | Modification of rules, equipment or scoring systems to allow for fair play, safety and inclusion of all participantsSelection and justification of responses selected to solve movement challenges | Skills and strategies for effective leadership, including teamwork and motivationTransfer of skills and tactics between physical activitiesCharacteristics of fair play and application of fair and ethical behaviour in physical activity  | Skills and strategies to improve team performance, such as:* motivation
* team-work
* leadership

Management of participation and rules during physical activitiesApplication of fair play and ethical behaviour and ways they can influence the outcome of physical activities |