Video Transcript – Ways of Teaching – Health and Physical Education P-10

**Commentary**

Health and Physical Education is about developing the student … the person … as a whole. HPE provides opportunities for all students to improve their ability to make healthy, active and safe choices.

HPE is comprised of two subjects: Health Education, which includes content from the personal, social and community health strand … and Physical Education which includes content from the Movement and physical activity strand.

Through a strengths-based approach, the Health Education syllabus aims to develop students' skills to enable them to make informed decisions and ultimately enhance the health and wellbeing of themselves and others.

The focus on developing health literacy assists students with interpreting and assessing health messages and making decisions on the relevance of the vast amount of information available from a range of sources.

**Teacher/student interaction**

Teacher: so we use a strengths-based model, in the sense that we are encouraging the children to show their learning through their strengths and though their passion

Students \*Chatter\*

Teacher: It doesn’t matter which way they present, the same content, skill and understanding is able to be brought across. So, if they're doing something they feel really passionately about, it's going to work better for them.

**Commentary**

While engaging in Physical Education syllabus, students learn to value movement and develop individual and team skills, so they can appreciate the benefits of physical activity and become lifelong active participants.

In the early years, students are introduced to Fundamental Movement Skills, such as running, kicking and throwing. Through the primary years, they develop their repertoire of these skills and apply them while performing skills specific to an activity.

**Teacher/student interaction**

Teacher: Put your hand up if you're in the group that’s going to look at people … time … equipment … and space.

Teacher: Understanding movement is the section of the Health and Phys Ed curriculum which enables students to learn about how their body moves. The idea is that they can then use this knowledge to improve their movement performance.

Teacher: So those are the four factors that make up our investigation. And we're looking at how our movements are affected when we change one of those things.

**Commentary**

In secondary years, students will apply knowledge and previously learnt skills to allow them to develop specialised movements in specific sporting contexts or outdoor education.

What is new to the Physical Education curriculum, is the introduction of specific knowledge relating to movement principles, which assists students in understanding 'how' the body moves and performs skills. And prepares them for the possibility of continuing their studies in senior school.

**Teacher/student interaction**

Teacher: So we have three trajectories … and then we have three factors that effect that trajectory … VAH … V for?

Students: Velocity…

Teacher: Meaning?

Students: Speed…

Teacher: The speed at which you release that object. The A?

Students: Angle of release

Teacher: The angle. Which means?

Students: Angle of the throw…

Teacher: The angle at which you … yeah exactly … throw it or release it from.

Students: As the object is being released.

Teacher: As the object is being released, well done. And then our H?

Students: Height.

Teacher: Our height of release.

**Commentary**

Throughout the HPE curriculum, students can learn skills that may apply to a variety of situations in their life such as leadership, cooperation, encouragement and motivation of others and communication.

Across the two inter-related subjects, teachers have the opportunity to provide engaging experiences that can improve a wide range of students' knowledge and skills, and the flexibility to plan these in either subject. The curriculum allows teachers to select a context that is relevant to the students at their school in order to deliver the syllabus content. In doing so, they create teaching experiences that may include a critical inquiry approach which cater to the needs of the students.

The 'Ways of Teaching' resource is a planning tool that may be used at a teacher or school level in order to develop the program which will cater for all students and be comprised of inclusive teaching experiences and assessment practices. HPE is in the enviable position of having an opportunity to develop students' attitudes and values through both subjects. They reflect on decisions made in situations, such as whether to drive after consuming alcohol, or abiding by the rules of a game, as well as possible consequences of these decisions.

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