**Western Australian Curriculum**

**Health and Physical Education**

Scope and sequence | Years 3–6
Revised curriculum | For familiarisation in 2024

**Acknowledgement of Country**

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**Overview**

The current Western Australian Curriculum: Health and Physical Education was adopted and adapted from the Australian Curriculum Version 8.4.

Western Australia provided feedback to the Australian Curriculum, Assessment and Reporting Authority (ACARA) during the consultation for the Australian Curriculum during 2021–2022. Teachers then advised a preference for the existing Western Australian curriculum, especially the inclusion of examples.

The revised Western Australian Curriculum: Health and Physical Education has been adapted from the Australian Curriculum version 9.

## Guide to reading this document

A separate Scope and sequence document has been developed to show the revised content across year levels so that a sequence of content can be viewed across the years of schooling from Pre-primary to Year 10.

This Scope and sequence shows the revised content for the phase of learning: Years 3–6.

## Health and Physical Education: 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 Western Australian Curriculum: Health and Physical Education provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

# Strand: Personal, social and community health

## Sub-strand: Personal identity and change

| Year 3 | Year 4 | Year 5 | Year 6 |
| --- | --- | --- | --- |
| Factors that strengthen personal identities, including family, friends, and schoolFor example:* how challenges provide opportunities for growth
* how personal and cultural identities are influenced by the groups and communities to which we belong
* how stereotypes can influence choices and actions
 | Ways to respond positively to challenges and failures, including the use of resilience and persistenceFor example:* the influence of stereotypes on responses
 | Ways that individuals and groups adapt to different contexts and situationsFor example:* the influence of stereotypes
 | Ways that positive self-identities can develop and change over timeFor example:* the influence of social groups and cultural norms on identity
 |
| Physical, social and emotional changes that occur as individuals grow olderFor example, changes to:* the body
* friendships
* feelings
 | Changes associated with pubertyFor example:* physical and emotional changes involved with growing up
* puberty occurs at different times for different people, and it can affect individuals differently

Strategies to manage changes associated with pubertyFor example:* asking questions
* being assertive
* using positive self-talk
 | Strategies to manage physical, mental/emotional and social changes associated with pubertyFor example:* use reliable resources and information to investigate developmental changes that occur
 | Strategies and resources to understand and manage the physical, mental/emotional, and social changes and transitions associated with puberty |

## Sub-strand: Staying safe

| Year 3 | Year 4 | Year 5 | Year 6 |
| --- | --- | --- | --- |
| Protective behaviours and communication skills to respond to unsafe situationsFor example:* keeping calm
* using appropriate verbal andnon-verbal communication skills, including assertive language
 | Protective behaviours and strategies to remain safe in uncomfortable or unsafe situationsFor example:* being alert and aware of unsafe situations
* using assertive behaviour and language
 | Protective behaviours that can be implemented in uncomfortable or unsafe situationsFor example:* normalising and encouraging help-seeking behaviour so all students feel comfortable and confident to seek help
* maintaining online safety when using digital tools and environments
* options and processes for reporting negative or harmful behaviour
 | Protective behaviours and help-seeking strategies that can be used when students feel unsafe onlineFor example:* stepping away from negative online social interactions
* speaking to trusted people if someone posts a picture of them without permission
 |
| Strategies to use when help is neededFor example:* seeking help to ensure the safety of themselves and others
 | Strategies to ensure safety at home and at schoolFor example:* making decisions that keep self and others safe in a range of situations
 | Strategies that promote safetyFor example:* using action plans for emergency situations to ensure the safety of themselves and others

Reliable sources of information that inform health and safety decisions: * internet-based information, publications and other media
* community health organisations
 | Strategies that promote safetyFor example: * developing and practising action plans for emergency situations to ensure the safety of themselves and others
 |
| Strategies for seeking, giving and denying permission are rehearsed and refined and situations where permission is required are describedFor 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
 | Strategies for seeking, giving and denying permission are rehearsed and refined, and situations where permission is required are describedFor 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 for seeking, giving or denying consent are described, and how to communicate intentions effectively are rehearsedFor example:* exploring the steps of asking, responding, listening, 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
 | Strategies for seeking, giving or denying consent are described, and how to communicate intentions effectively are rehearsedFor 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
 |

## Sub-strand: Healthy and active communities

| Year 3 | Year 4 | Year 5 | Year 6 |
| --- | --- | --- | --- |
| Actions in daily routines that promote health and wellbeingFor example:* healthy eating
* engaging with the community
* participating in physical activity
 | Strategies that promote a healthy lifestyleFor example:* participation in physical activities
* sun safety practices
* positive nutrition choices
 | Strategies that promote a safe, healthy lifestyleFor example:* comparing food and drink labels on products
* awareness of mental health and wellbeing
 | Strategies that promote a safe, healthy lifestyleFor example: * refusing alcohol, drugs, or other harmful substances
* improving the nutritional value of meals
* increasing physical activity
* community engagement
 |
| Choices and behaviours conveyed in health information and messages | Ways in which health information can influence health decisions and behaviours | Health messages that support and maintain an individual’s health, safety and wellbeing | Criteria that can be applied to sources of information, including online, to assess their credibility |
| No content | No content | No content | Actions that promote and maintain community health, safety and wellbeingFor example:* creating social connections for positive mental health
* participation in community activities
 |

## Sub-strand: Interacting with others

| Year 3 | Year 4 | Year 5 | Year 6 |
| --- | --- | --- | --- |
| Behaviours that show empathy and respect for othersFor example:* how games can build understanding and appreciation of others’ cultural heritage
 | Positive influence of respect, empathy, and the valuing of differences in relationships and in societyFor example:* the influence of inclusion on mental health and wellbeing

Strategies to cope with adverse situations and the demands of others | Skills and strategies to establish and maintain respectful relationships For example:* building new friendships
* dealing with bullying and harassment, including strategies to challenge disrespect and discrimination
* assessing the impact of changing relationships on health and wellbeing
 | Skills to establish and manage positive relationshipsFor example:* showing respect and empathy
* being cooperative
* actively listening
* being trustworthy
* accepting differences and valuing diversity in the community
 |
| Circumstances that can influence the level of emotional response to situations | Strategies to identify and manage emotions before reacting | Ways in which inappropriate emotional responses impact on relationships | Situations in which emotions can influence decision-making: * in peer groups
* with friends
* with family
 |

# Strand: Movement and physical activity

## Sub-strand: Movement skills

| Year 3 | Year 4 | Year 5 | Year 6 |
| --- | --- | --- | --- |
| Introduce fundamental movement skills:Locomotor* dodge
* leap

Object control * foot dribble
* overarm throw
* punt
 | Consolidate fundamental movement skills  | Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and control | Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and control |
| Combine fundamental movement skills with simple tactics to retain or gain possession in minor games | Combine fundamental movement skills with simple tactics to create or deny scoring opportunities in minor games of increasing complexity | Linking of fundamental movement skills to specific skills used in organised games, sports and activities, such as linking throwing to basketball passing and shooting | 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 |
| No content | No content | Basic strategies and tactics to achieve a movement outcome or goalFor example:* positional and spatial awareness related to objects, people and space
* relationship to and with objects, people and space
 | Strategies and tactics to achieve an offensive or defensive outcome or goalFor example:* use of appropriate skills
* positional and spatial awareness
* relationship to and with objects, people and space
 |
| Movement skills that combine the elements of effort, space, time, objects and peopleFor example:* demonstrating acceleration, deceleration and changing direction of movement in minor games
 | Movement skills that combine the elements of effort, space, time, objects and peopleFor example:* exploring ways to increase or decrease scoring opportunities in games

Transfer of skills and knowledge to solve movement challenges in a variety of settings, including outdoors | Movement skills that combine the elements of effort, space, time, objects and people applied to improve movement outcomesFor example:* adjusting the force and speed of an object to improve accuracy and control
 | Movement skills that combine the elements of effort, space, time, objects and people applied to improve movement outcomesFor example:* developing strategies that exploit a playing space to improve scoring opportunities
 |

## Sub-strand: Understanding movement

| Year 3 | Year 4 | Year 5 | Year 6 |
| --- | --- | --- | --- |
| Benefits of regular physical activity and physical fitness to health and wellbeingFor example:* maintenance of a healthy body
* prevention of some diseases
 | Benefits of regular physical activity and physical fitness to health and wellbeingFor example:* improved sleep
* social contact
 | Benefits of regular physical activity and physical fitness to physical, mental and emotional wellbeingFor example:* control of blood pressure
* reduced risk of heart disease
* reduced stress
* improved mood
 | Benefits of regular physical activity and physical fitness to physical, mental and emotional wellbeingFor example:* control of blood fats
* improved concentration
* enhanced mood
 |
| Basic rules in a variety of physical activities and ways in which they keep activities safe and fair | Basic rules and scoring systems to keep physical activities safe and fair | No content | Modification of rules and scoring systems in physical activities to create a more inclusive game and fairer contest |

## Sub-strand: Interpersonal skills

| Year 3 | Year 4 | Year 5 | Year 6 |
| --- | --- | --- | --- |
| Cooperation skills to include everyone in physical activities | Working cooperatively with others to complete a movement task | Responsibilities of different roles in a range of physical activities:* player
* referee/umpire

Ethical behaviour in applying rules in all game situations | Interpersonal skills in physical activitiesFor example:* encouragement and acknowledgement of others
* negotiation and sharing roles and responsibilities
* dealing with conflicts and disagreements
 |