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School Curriculum
and Standards
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Kindergarten to Year 10

Years 11 and 12

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Rationale

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Overview

Rationale

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 [ABLEWA Health & Physical Education Scope & Sequence](#) 

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In Health and Physical Education, students learn to care for others' health, safely and respectfully in changing contexts. They experience enjoyable and physically active learning.

In Health and Physical Education, students learn to care for others' health, safely and respectfully in changing contexts. They experience enjoyable and physically active learning. They develop the skills and knowledge to make choices that influence their health and well-being, and to build respectful relationships. They learn to access and use resources to support their learning and to take responsibility for their own and others' health and well-being.

Integral to Health and Physical Education are concepts and strategies that promote student participation in a range of settings. Students learn to overcome challenges; how to engage in physical activity to themselves and others in different contexts and settings. They learn to build interpersonal, social and community relationships.

Through Health and Physical Education, students learn to care for safety and well-being of themselves and others in their communities. It promotes positive attitudes and dispositions to health and well-being.

[Return to Health and Physical Education](#)

The Health and Physical Education curriculum for a healthy, active population is shaped by the following evidence base:

1. Focus on education

The curriculum focuses on understanding and action as a priority for the curriculum, with explicit teaching and learning.

2. Take a strengths-based approach

A strengths-based approach to develop knowledge and active choices. Students have particular strengths and interests.

3. Value movement

The curriculum focuses on concepts, requires competence and confidence, and promotes a healthy lifestyle, and positive health outcomes.

4. Develop health literacy

The development of health literacy skills over their health and well-being.

individual and po
understanding ar

- functional – kn
evaluating and
- interactive – kr
and setting go
- critical – skills
health informa
others' health.

5. Include a critical

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research skills ar
and the way this

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