

Downloaded from

<https://k10outline.scsa.wa.edu.au/home/teaching/curriculum-browser/health-and-physical-education/health-and-physical-education-overview/rationale> on 03/07/2024 check website for latest version.



School Curriculum
and Standards
Authority

The Authority

Kindergarten to Year 10

Years 11 and 12

Student

 Extranet Login

[Home](#)

[Principles](#) ▾

[Teaching](#) ▾

[Assessing](#) ▾

[Policy](#) ▾

[Re](#)

You are here > [K-10 Outline](#) > [Teaching](#) > [Western Australian Curriculum Health and Physical Education Overview](#) > [Rationale](#)

Rationale

[Download Curriculum as PDF](#)

Overview



Rationale

Aims

Organisation

Student Diversity

Ways of Teaching

Ways of Teaching Video

Ways of Assessing

General Capabilities

Cross-curriculum Priorities

Glossary



HPE P-10 Scope and Sequence for teaching in 2024



HPE P-10 Scope and Sequence for teaching in 2024



HPE P-10 Support resources for consent and relationships



ABLEWA Health & Physical Education Scope & Sequence



ABLEWA Health & Physical Education Scope & Sequence

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

In Health and Physical Education, students develop the knowledge and skills to make choices that support their identity and autonomy, and to build respectful relationships. They learn to engage in physical activity and to understand the factors that influence the health of themselves, individuals, and communities. They learn to access and use resources to support themselves and the health of others.

Integral to Health and Physical Education are concepts and strategies that promote student engagement, creativity, participation, and leadership in various settings. Students learn to identify challenges; how to overcome them; and how to engage in physical activity to themselves and others in various contexts and settings. They learn to build interpersonal, social, and community connections.

Through Health and Physical Education, students develop safety and wellbeing skills and dispositions to health and wellbeing. They learn to identify and manage risks, and to build resilience. They learn to understand and manage their own and others' health and wellbeing.

◀ [Return to Health and Physical Education](#)

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 knowledge as a priority for the curriculum, with explicit teaching

2. Take a strengths-based approach

A strengths-based approach to develop knowledge and active choices have particular significance

3. Value movement

The curriculum focuses on concepts requiring competence and confidence over a lifespan, and positive

4. Develop health literacy

The development of health literacy over their health

individual and po
understanding ar

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

5. Include a critical

The curriculum e
research skills ar
and the way this

Principles

Teaching

Assessing

[Policy](#)

[Resources](#)

Subscribe to our monthly K–10 Circular

[wa.gov.au](https://www.wa.gov.au) 