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ABLEWA Stage A Test

ABLEWA Stage A

Year Stage Description

The Stage A curriculum provides the basis for developing knowledge, understanding and skills for students to lead healthy, safe and active lives. Students learn about themselves and experience simple actions and activities to keep themselves healthy and safe.

Students develop their awareness of others and explore the importance of familiar people.

Students learn through movement in a range of settings. They experience fundamental movement skills through structured movement activities and explore their environment. This establishes an awareness of body movements and their movement abilities.

For Stage A, teachers need to select focus areas that are age appropriate and reflect the

physical, social and emotional maturation of the student. The focus areas include, but are not limited to:

- alcohol and other drugs (AD)
- food and nutrition (FN)
- health benefits of physical activity (HBPA)
- mental health and wellbeing (MH)
- relationships and sexuality (RS)
- safety (S)
- active play and minor games (AP)
- challenge and adventure activities (CA)
- games and sports (GS)
- fundamental movement skills (FMS)
- lifelong physical activities (LLPA)
- rhythmic and expressive movement activities (RE).

Personal, social and community health

BEING HEALTHY, SAFE AND ACTIVE

Identify self (self-awareness)

[\(VCHPEP001\)](#)

React as body parts are moved and named [\(VCHPEP002\)](#)

React to significant people [\(VCHPEP003\)](#)

COMMUNICATING AND INTERACTING FOR HEALTH AND WELL BEING

React to people and sensory experiences

Movement and physical activity

MOVING OUR BODY

Experience their body being moved through a variety of positions and locations [\(VCHPEM008\)](#)

Experience a variety of physical and structured leisure activities [\(VCHPEM009\)](#)

UNDERSTANDING MOVEMENT

Experience regular physical activities and begin to develop an awareness of how

[\(VCHPEP004\)](#)

Use facial expressions to indicate an emotion and demonstrate preference

[\(VCHPEP005\)](#)

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

Experience health and safety actions

[\(VCHPEP006\)](#)

Experience play activities [\(VCHPEP007\)](#)

different parts of the body move

[\(VCHPEM010\)](#)

Experience their body moving in relation to effort, space, objects and people

[\(VCHPEM011\)](#)

LEARNING THROUGH MOVEMENT

Cooperate when experiencing physical activities and movement [\(VCHPEM012\)](#)

Experience body movement and demonstrate some basic movements

[\(VCHPEM013\)](#)

Engage in physical activities

[\(VCHPEM014\)](#)

Achievement standard

By the end of Stage A, students recognise themselves. They demonstrate different emotions people experience. They participate in actions that help them to be healthy, safe and physically active. They experience different settings where they can be active. Students show general awareness of body position and own body when moved by others.

Students develop personal and social skills in a range of activities. Students begin to demonstrate an awareness and recognition of familiar people and routine activities. They demonstrate attachments and trust with familiar adults. They demonstrate, with assistance, safe and healthy behaviour in routine personal care activities. They coactively perform fundamental movement skills and explore basic movement

challenges.

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