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Health and Physical Education Overview Test

Health and Physical Education Overview

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Glossary

Rotating the body in the same direction and at the same time around a fixed point.

Communicating an individual's needs or wishes in a confident and direct manner, whilst maintaining a level of respect for all involved.

The way in which an individual thinks or feels about another individual, object or situation. Often reflected in an individual's behaviour.

Acceptance that something is true even if there is no proof.

An individual's perception of their body. This includes awareness of shapes made; space taken up; movements the body

can accomplish; and each body part in isolation.

Skills used to control the body in a variety of situations. These skills require an integration of agility, coordination, balance, and flexibility. They include rolling, stopping, bending, twisting, landing, stretching, climbing, static and dynamic balancing and turning.

Areas and spaces that are primarily constructed by humans, e.g. within buildings.

Conduct displayed by individuals who are present but not directly involved in an incident or event.

Products, practices and philosophies that are not part of traditional, standard care. Also

referred to as alternative therapy, alternative medicine and holistic therapy. Examples include acupuncture, herbal medicine, and biofeedback.

An indication of how complicated a process or action may be, especially when this involves many parts or sections.

Performance of skills that reflects a steady, uniform and reliable standard.

Skills that an individual can use in order to work with others to produce an outcome.

A set of actions designed to deal with, or respond to, changing situations or emergencies.

Performance of skill that reflects the ability to manipulate movements or objects in order to achieve

a desired outcome.

Ways in which people manage and adapt in order to reduce stress or deal with difficult situations as they occur.

The existence of a variety of cultural or ethnic groups within a society including differences in race, ethnicity, language, nationality and religion.

The feeling of belonging to nationality, ethnicity, religion, social class, generation, locality and any kind of social group that has its own distinct culture.

Historical, geographical and familial factors that affect an individual's ideas, beliefs, values, and knowledge based on that person's nationality, ethnicity, religion, social class, generation, locality

and any kind of social group.

Physical activities that usually incorporate the performance of multiple skills, often in game-like scenarios or situations that could be experienced in competition.

The ability to identify with or experience the thoughts, feelings or attitudes of another individual.

The way in which an individual behaves that demonstrates honesty, fairness and equity, and respects the diversity and rights of others.

Skills performed with movement that is fluid, smooth and/or graceful.

A push or pull on an object through various means that may cause that object to move faster or

slower or change its direction.

The result of a combination of linear and angular motion.

A field of alternative medicine in which the body, mind and spirit or the physical, emotional/mental and spiritual aspects of the "whole person" is the focus not just the condition.

Terminology used that refers to a body in motion with no consideration to its mass or any other forces.

Relating to the motion of an object and the associated forces.

Moving of the entire body the same distance and direction and at the same time.

The process of reducing the importance of a person or group. This could lead to that person or group becoming excluded from a variety of situations or being ignored.

Places or areas such as parks or bushland that are formed by nature and not man-made.

Movement skills that require an ability to handle an object or piece of equipment with control. They include skills such as kicking, striking, dribbling or catching a ball. Also referred to as manipulative skills.

The connection of computers/mobile devices to one or more computer/mobile device or network, such as the Internet.

A range of measures and strategies aimed at protecting people from becoming vulnerable to harmful content and malicious and illegal online activities.

The ability to continue with an opinion or action despite opposition or difficulty.

An individual's abilities, aptitudes, strengths and capabilities.

The degree of accuracy with which a movement is performed.

A preconceived opinion or feeling that is not based on prior knowledge, reason or experience.

Practices intended to protect, promote or maintain health and well-being and at the same time helping to prevent disease, disability or

death.

Factors that affect the movement path of an object including the human body.

A range of skills and strategies to help prevent and reduce child abuse and violence in the community.

Kicking a ball that is released from the hands.

Skills that assist children and adolescents to avoid high risk behaviours such as sexual activity, crime, drug use or violence.

Principles that guide the rights of all people in our community which are considered in a fair and equitable manner. They may include things like access, e.g. to goods and services, equity, rights, and participation.

Skills used to interact with other people which can involve both verbal and non-verbal communication.

A change in an individual's thoughts, feelings, attitudes, or behaviours that results from interaction with another individual or group within a society.

Behaviours, values, beliefs or attitudes as set out by a society or group.

The ability of an individual to be aware of, and make decisions regarding, their position in relation to space, objects or people.

Simple drills often performed between two players which involves repetitive performance in fixed practice.

A standard/conventional image used to categorise

a number of people based on such characteristics as gender, sexuality, culture or physical appearance.

The production of force through the sequential movement of various parts of the body in order to produce the optimum amount.

Specific sport skills, movements or decisions that a player or team can use to achieve an outcome.

The relative worth, merit or importance regarding what is good or bad. A person's values will often be reflected in their behaviour or decision making process.

Increasing velocity of an object or a person.

To argue in support of a cause or position. To speak out and act on your

own behalf or that of another to ensure that your or others' interests are taken into account.

To break down a topic into its parts and explain how the parts relate to each other and to the topic as a whole. Interpret data to reach stated conclusions.

To use an idea, equation, principle, theory or law in a new situation.

External conditions or situations that become different, e.g. stages in a young person's life, including puberty and adolescence; moving from primary school to secondary school on a different site; moving between different cultures defined by different behavioural expectations.

A field of public health that focuses on work

within defined communities to maintain and improve the health and wellbeing of all people in that community through collective action.

To give an account of similarities and differences between two or more items, referring to both (or all) throughout. Comparisons generally ask for similarities more than differences, but in some cases, also mention differences. These are often displayed in a table..

A range of determinants that can influence health, safety, wellbeing and physical activity participation. These include, but are not limited to, personal, social, cultural, economic and political factors that exist in differing ways and have varying impacts

across population groups.

Movement that evolves from the student's own thoughts, ideas and imagination in response to stimuli.

Method that focuses on how contextual factors influence the health, safety, wellbeing and physical activity participation of individuals, groups and communities. It provides opportunities for students to develop skills, self-efficacy and dispositions to advocate for, and positively influence, their own and others' health and wellbeing. It involves critical analysis and critical evaluation of health and physical activity knowledge in order to make informed judgments and take appropriate action.

To break down and study the parts of an issue or information in order to form a critical judgment. It can involve asking questions, identifying problems and solutions, applying knowledge, stating an argument and supporting it with evidence, or making comparisons and evaluating.

To assess an issue or information in order to form a critical judgment. It involves making informed judgments or decisions about the worth, validity and reliability of opinions, ideas and knowledge.

To give a practical exhibition or explanation.

To give an account of characteristics or features which includes all relevant information.

To plan and *evaluate* the construction of a product or process.

To elaborate or expand in detail.

Variables that influence an individual's level of overall health. Frequently referred to as physical, social, emotional, mental and spiritual dimensions.

The unjust or prejudicial treatment of an individual or group of individuals. Often with regard to, e.g. race, gender; homophobia, transphobia.

Analyse carefully and give reasons for and against the different issues, ideas or problems involved.

Enduring habits of mind and actions, and tendencies to respond to situations in characteristic ways, e.g. maintaining an optimistic outlook, being

willing to persevere with challenges, or actively engaging in regular physical activity.

Give the difference(s) between two or more items.

Differences that exist within a group including age, sex, gender, gender expression, sexuality, ethnicity, ability, body shape and composition, culture, religion, learning styles, socioeconomic background, values and experience. Appreciating, understanding and respecting diversity impacts on an individual's sense of self and their relations to others.

Diversity can be acknowledged through shared activities that may involve building knowledge and awareness, peer teaching,

games, dance, food and festivals.

Any substance (excluding food, water and oxygen) that, when taken into the body, alters its function physically or psychologically.

Variables that are combined in the composition and performance of movement. These elements are effort, time, space, objects and people.

The ability to recognise, understand and effectively manage emotions and to use this knowledge when thinking, feeling and acting.

To add to, improve or increase; to build on assets and strengths that already exist for an individual, group or community.

Carefully appraise a problem or situation, citing both advantages and limitations. Reach a conclusion about the relative weight of both positive and negative points, without giving a personal opinion.

To inquire into and determine the nature or condition of something.

To clarify, interpret, and spell out the material you present. To give reasons for differences of opinion or of results, and try to analyse causes.

Previously encountered in prior learning activities.

The foundation for competent and confident participation in a range of physical activities. The fundamental movement skills to be developed through Health and

Physical Education

include:

- locomotor and non-locomotor skills — rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping and skipping
- object control skills — bouncing, throwing, catching, kicking, striking.

Those characteristics of women and men that are socially constructed. It is complex and involves a number of components; including biological sex, i.e. male or female; gender identity, i.e. the psychological sense of being male or female; social sex role i.e. adherence to cultural norms of feminine and masculine behaviour.

Refers to people who fall outside the typical range of [masculinity](#) or [femininity](#) with regard to gender identity and/or [physical sex characteristics](#). These individuals include many different groups such as transsexual, transgender, androgynous, people without sex and gender identity, and cross-dressers.

A strategy that aims to lower the risks and harmful consequences associated with drug use and other high-risk behaviours, rather than simply promoting abstinence.

Any message or advertising related to the health and wellbeing of people. These can be in the form of TV or magazine advertisements,

media articles, product labelling, or portrayal of 'healthy' choices in the media.

Any message or advertising related to the *health and wellbeing* of people. These can be in the form of TV or magazine advertisements, media articles, product labelling, portrayal of 'healthy' choices in the media or messages from families and peer groups.

Physical fitness is considered a measure of the body's ability to function efficiently, effectively and without injury in work and leisure activities, to pursue recreational activities and to cope with emergency situations. Health-related fitness includes components such as cardiorespiratory

endurance, flexibility,
body composition,
muscular endurance and
muscular strength.

To find an answer from a
number of possibilities;
recognise and name.

Individual characteristics
(including ideas, feelings
and attitudes towards self-
worth) and capabilities of
a person, or
characteristics of a social
group.

Fun, cooperative,
challenging games that
require groups to
collaborate in order to
solve a specific problem.

To translate; give
examples of; to solve or to
comment on a subject,
usually while
communicating own
judgement.

Term relating to a range
of innate biological traits

or variations that lie between 'male' and 'female'. An intersex person may have the biological attributes of both sexes or lack some of the biological attributes considered necessary to be defined as one or the other sex. Intersex is always congenital and can originate from genetic, chromosomal or hormonal variations. Historically, the term 'hermaphrodite' was used.

To plan, collect, interpret and draw conclusions about data/information.

To show how an argument or conclusion is right or reasonable.

Relating to the sensation by which bodily position, weight, muscle tension and movement are perceived by an individual.

The skills used by an individual to move from one place to another.

These skills include rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping and skipping.

To handle or control an object or piece of equipment.

Movement skills that require an ability to handle an object or piece of equipment with control. They include skills such as kicking, striking, dribbling or catching a ball. Can also be referred to as 'object control skills'.

An individual's cognitive and thinking processes, for example their capacity to think coherently, express thoughts and feelings and respond constructively to situations.

Simple games with few rules, designed to allow students to practise skills in a challenging situation.

Games or sports adapted to suit the skills and characteristics of students through alterations to rules, equipment and/or the playing field.

Movement tasks that require individual students or groups of students to solve a problem in order to successfully complete the task.

A framework for enhancing movement performance.

- Movement concepts (or elements of movement) explored in the curriculum include body awareness, spatial awareness, effort awareness, and relationship to/with

objects, people and space. Movement strategies refer to a variety of approaches that will help a player or team to successfully achieve a movement outcome or goal.

- Movement strategies include moving into space to receive a pass from a team-mate or hitting the ball away from opponents in order to make it difficult to retrieve or return the ball.

Different games and sports may require similar activities or goals and will therefore use similar movement strategies in order to achieve success.

Discovering the body's potential for movement by experimenting with different ways of moving.

The combination of fundamental movement skills and movement elements to enable the body and/or objects to move in response to a stimulus.

Any situation where students are moving with the intent of achieving an outcome, such as to score a goal, to perform a sequence, to retain possession, or to cross a creek.

Moving on the spot without any change in location. Skills include twisting (the rotation of a selected body part around its long axis); bending (moving a joint); swaying i.e. fluidly and gradually shifting the centre of gravity from one body part to another; stretching i.e. moving body parts away from the centre of

gravity; turning i.e.
rotating the body along
the long axis; swinging i.e.
rhythmical, smooth
motion of a body part
resembling a pendulum.

Physical activity in the
outdoors or natural
settings which provides
opportunities to connect
as a community and to
the natural environment.

Physical fitness is
considered a measure of
the body's ability to
function efficiently,
effectively and without
injury in work and leisure
activities, to pursue
recreational activities and
to cope with emergency
situations. Skill-related
fitness includes
components such as
agility, balance,
coordination, reaction
time, power and speed.

The process of moving the

body that results in
energy expenditure.

Physical activity is a broad
term that includes playing
sport; exercise and fitness
activities such as dance,
yoga and tai chi; everyday
activities such as walking
to work, household chores
and gardening; and many
other forms of active
recreation.

A measure of the body's
ability to function
efficiently, effectively and
without injury in work and
leisure activities, to
pursue recreational
activities and to cope with
emergency situations. It is
commonly conceptualised
as being made up of
health-related
components such as
cardiorespiratory
endurance, flexibility,
body composition,
muscular endurance and

muscular strength and performance-related components such as agility, balance, coordination, reaction time, power and speed.

To give an expected result. Suggest what may happen based on available information.

Measures which direct resources to the prevention of ill-health, the promotion of individual and community health and the reduction of health inequalities.

To be aware of or acknowledge.

Activity that people enjoy participating in during their free time and which is recognised as having socially worthwhile qualities. Active recreation requires physical exertion.

A state of physical, mental

and social wellbeing in all matters relating to the reproductive system, at any stage of life.

The capacity to deal constructively with change or challenge, allowing the individual to maintain or re-establish their social and emotional wellbeing in the face of difficult events. It involves thoughts, feelings and actions.

Capable of dealing constructively with change or challenge, allowing the individual to maintain or re-establish their social and emotional wellbeing in the face of difficult events.

To react or reply.

A term used to describe someone who is attracted to a person of their own sex, whether or not sexual

behaviour is involved.

Sitting or lying down.

Activities that do not increase energy expenditure higher than resting levels, for example, watching television, gaming, or using a computer and other devices.

To choose in preference to another or others.

An individual's belief in their ability to succeed in reaching a specific goal or completing a task, such as maintaining healthy and active habits, acquiring a new movement skill or meeting a personal challenge.

A physical, social, emotional and/or spiritual connection to a place which shapes personal and social identities, perspectives and

interactions.

An individual's perception of 'self' and how they perceive their place in the world in relation to a range of personal characteristics and cultural norms and expectations.

A state of physical, mental and social wellbeing in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

A central aspect of being human throughout life. It encompasses sex, gender identities and roles, sexual orientation, pleasure, intimacy and reproduction, and is

influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors.

The ability to interact with the people around them and with social institutions, social values and norms.

To work out a solution to a problem.

A positive sense of belonging, meaning and purpose in life. It includes values and beliefs that influence the way people live, and can be influenced by an individual's connection to themselves, others, nature and beyond.

Human activity which involves physical exertion and skill, where an

individual or team
competes against others.

The identification of goals
in preparation for a
competitive situation.

An approach that focuses
on the capacities,
competencies, values and
hopes that all students,
regardless of their current
circumstances, will
optimise their own health
and that of others.

To propose an idea,
solution or other possible
explanation for
consideration.

To provide the main points
or facts in condensed
form, e.g. précis of a
chapter, omitting details
and illustrations.

To combine elements, e.g.
information/ideas/components,
into a coherent whole.

The use of individual or

team skills and methods
in order to achieve an
outcome or support a pre-
determined strategy.

Most commonly the term
is used by those whose
gender identity is different
from the sex assigned to
them at birth.

Internal processes or
psychological
reorientation people
experience as a result of
change, and usually
involves establishing new
behaviours or new ways of
thinking before the
change can work.

Individuals experience
transitions in different
ways and at different
rates. Transition involves
three stages: a letting go
of the way things are or
used to be; a period of
exploration and
adjustment; and a final
stage where new

behaviours and ways of working evolve.

A fear or hatred of transgender people.

Transphobia is manifested in a number of ways, including violence, harassment and discrimination.

To perceive what is meant by and be thoroughly familiar with an idea.

The state of being satisfied, happy and/or healthy. Relates to effective social functioning and spiritual health and the dispositions of optimism, openness, curiosity and resilience.
