

# Health and Physical Education Overview

---

Ways of  
Teaching Video

---

Rationale

---

Aims

---

Organisation

---

Student  
Diversity

---

Ways of  
Teaching

---

Ways of  
Assessing

---

General  
Capabilities

---

Cross-  
curriculum  
Priorities

---

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 teammate 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.



