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# Rationale

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## Overview

Rationale

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 Health & Physical Education Scope and Sequence

 Health & Physical Education Scope and Sequence 

 Health & Physical Education Additional Content

 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. The course provides students with an experiential, enjoyable and physically active learning experience.

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

Integral to Health and Physical Education are concepts and strategies that promote creative participation in various settings. Students learn to overcome challenges; how to engage in physical activity to themselves and others in various contexts and settings. The course focuses on interpersonal, social and community health.

Through Health and Physical Education, students develop safety and wellbeing skills and dispositions to health and wellbeing. The course provides students with the skills and knowledge to make choices that support their identity and autonomy, and to build respectful relationships.

 [Return to Health and Physical Education](#)

# Physical Education

The Health and Physical Education curriculum is designed to help students become healthy, active people. The curriculum is shaped by the following evidence base:

## 1. Focus on education

The curriculum focuses on understanding and applying physical education concepts as a priority for the curriculum. It includes explicit teaching and learning activities.

## 2. Take a strengths-based approach

A strengths-based approach is used to develop knowledge and active choices. Students have particular strengths and interests that are recognized and supported.

## 3. Value movement

The curriculum focuses on concepts that require physical activity, competence and confidence, and a positive attitude towards movement, and physical activity.

## 4. Develop health literacy

The development of health literacy skills is a key focus of the curriculum, enabling students to make informed choices about their health and well-being.

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