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# Rationale

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## Overview



Rationale

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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, respectful relationships, physical activity and mental health, and that influence the health of themselves, individuals, communities, and the world. They learn to access and use resources to care for themselves and the world.

Integral to Health and Physical Education are concepts and strategies that creatively participate in and enhance learning settings. Students learn to face challenges; how to engage in physical activity to themselves, others, and their contexts and settings; and how to build interpersonal, social, and community connections.

Through Health and Physical Education, students develop safety and wellbeing communities. It promotes positive attitudes and dispositions to 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 and learning.

## 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 health.

## 4. Develop health literacy

The development of health literacy over their health and well-being.

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

5. Include a critical

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