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Year 7 SyllabusTest

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Year Level Description

In Year 7, the content expands students' knowledge, understanding and skills to help them achieve successful outcomes in personal, social, movement and online situations. They learn how to take positive action to enhance their health, safety and wellbeing by applying problem-solving and effective communication skills, and through a range of preventive health practices.

Students continue to develop and refine specialised movement skills and focus on developing tactical thinking skills in a range of contexts and applying them to physical activities. They have opportunities to analyse their own and others' performance using feedback to improve body control and coordination. They learn about health-related and

skill-related components of fitness and the types of activities that improve individual aspects of fitness. The application of fair play and ethical behaviour continues to be a focus for students as they consider modified rules, scoring systems and equipment, which allows participants to enjoy physical activities and experience success. They begin to link activities and processes to the improvement of health and fitness.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

Personal, social and community health

BEING HEALTHY, SAFE AND ACTIVE

Feelings and emotions associated with transitions; and practising self-talk and help-seeking strategies to manage these transitions ([ACPPS070](#))

 Literacy

 Critical and creative thinking

 Personal and social capability


Strategies to promote safety in online environments ([ACPPS070](#))

 Literacy

 Information and Communication

Technology (ICT) capability

 Critical and creative thinking

 Personal and social capability

Movement and physical activity

MOVING OUR BODY

Movement skills and sequences within different physical activity contexts and settings ([ACPMP080](#))

 Literacy

 Critical and creative thinking

 Personal and social capability

Strategic skills and tactical skills used to create, use and defend space ([ACPMP080](#))

 Numeracy

 Critical and creative thinking

 Personal and social capability

Defensive skills used to gain control and retain possession ([ACPMP080](#))

Management of emotional and social changes associated with puberty through the use of:

- coping skills
- communication skills
- problem-solving skills and strategies

[\(ACPPS071\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

Help-seeking strategies that young people can use in a variety of situations

[\(ACPPS072\)](#)

 Literacy


 Critical and creative thinking

 Personal and social capability


Strategies to make informed choices to promote health, safety and wellbeing, such as:

- researching nutritious meals that offer value for money
- proposing alternatives to medicine
- examining accessible physical activity options in the community

[\(ACPPS073\)](#)

 Numeracy

 Critical and creative thinking

 Personal and social capability

UNDERSTANDING MOVEMENT


Ways in which physical activities improve elements of health and fitness:

- increased flexibility
- increased strength
- improved balance
- increased endurance
- increased power
- lowered heart rate
- lowered cholesterol
- improved body composition by lowering percentage of body fat

[\(ACPMP083\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

LEARNING THROUGH MOVEMENT


Communication skills that support and enhance team cohesion, such as body language and listening skills ([ACPMP088](#))

 Literacy

 Critical and creative thinking

 Literacy

 Critical and creative thinking

 Personal and social capability

COMMUNICATING AND INTERACTING FOR HEALTH AND WELL BEING

The impact of relationships on own and others' wellbeing:

- the benefits of relationships
- the influence of peers and family
- applying online and social protocols to enhance relationships

[\(ACPPS074\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

Preventive health practices for young people to avoid and manage risk, such as:

- sun-protective behaviours
- adoption of the *Australian Dietary Guidelines* for healthy food choices and serving sizes

[\(ACPPS077\)](#)

 Personal and social capability


 Ethical understanding

Ethical behaviour and fair play when participating in physical activities

[\(ACPMPO88\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

 Ethical understanding

 Literacy

 Critical and creative thinking

 Personal and social capability

Health and social benefits of physical activity and recreational pursuits in natural and outdoor settings ([ACPPS078](#))

 Literacy

 Critical and creative thinking

 Personal and social capability

Achievement standard

Health Education

At Standard, students identify strategies to promote their own and others' health, safety and wellbeing in different situations and across different environments. Students identify the health and social benefits of physical activity and associate the importance of physical activity as a preventive health strategy.

Students apply appropriate protocols in face-to-face and online interactions and understand the importance of positive relationships on health and wellbeing.

Physical Education

At Standard, students perform movement skills and sequences in selected sport or physical activity contexts with improving accuracy and efficiency. They implement simple tactics in order to achieve the intended outcome in competitive contexts.

Students describe how physical activity can improve elements of health and fitness.

When participating in a variety of sports or physical activities, they demonstrate ethical

behaviour and communicate to assist team cohesion and the achievement of an intended outcome.

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