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Year 9 SyllabusTest

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Year Level Description

In Year 9, the content provides for students to broaden their knowledge of the factors that shape their personal identity and the health and wellbeing of others. They further develop their ability to make informed decisions, taking into consideration the influence of external factors on their behaviour and their capacity to achieve a healthy lifestyle. They continue to develop knowledge, skills and understandings in relation to respectful relationships. With a focus on relationship skills that promote positive interactions, and manage conflict.

Students focus on elements of speed and accuracy in different movement environments, while continuing to develop the efficiency of specialised movement skills. They explore

ways to evaluate their own and others' performances through analysis of skills and movement patterns using basic biomechanical concepts. They transfer previous knowledge of outcomes in movement situations to inform and refine skills, strategies and tactics to maximise success.

Opportunities are provided for students to refine and consolidate skills and strategies for effective leadership and teamwork, and consistently apply ethical behaviour across a range of movement contexts.

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

Factors that shape identities and adolescent health behaviours, such as the impact of:

- cultural beliefs and practices
- family
- societal norms
- stereotypes and expectations
- the media
- body image

([ACPPS089](#))

 Literacy

 Critical and creative thinking

Movement and physical activity

MOVING OUR BODY

Movement skills and sequences within different physical activity contexts reflecting:

- increased speed and accuracy
- increased complexity

([ACPMPO99](#); [ACPMPI00](#))


 Literacy

 Numeracy


 Critical and creative thinking

 Personal and social capability

Tactical skills used to create, use and defend space, such as selection of

 Personal and social capability

 Ethical understanding

 Intercultural understanding

Skills to deal with challenging or unsafe situations:

- refusal skills
- initiating contingency plans
- expressing thoughts, opinions, beliefs
- acting assertively

[\(ACPPS090\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

 Ethical understanding

Actions and strategies to enhance health and wellbeing in a range of environments, such as:

- the use of complementary health practices to support and promote good health
- responding to emergency situations
- identifying and managing risky situations
- safe blood practices


[\(ACPPS091\)](#)

positions ([ACPMP101](#))

 Literacy

 Numeracy

 Critical and creative thinking


 Personal and social capability

Selection and adaption of responses to the outcome of previous performances ([ACPMP101](#))

 Literacy

 Numeracy

 Critical and creative thinking

 Personal and social capability

UNDERSTANDING MOVEMENT

Measurement of the body's response to physical activity:

- flexibility
- strength
- balance
- endurance

[\(ACPMP102\)](#)

 Literacy

 Numeracy

 Critical and creative thinking

 Personal and social capability

 Literacy

 Critical and creative thinking

 Personal and social capability

Impact of external influences on the ability of adolescents to make healthy and safe choices relating to:

- sexuality
- alcohol and other drug use
- risk taking

[\(ACPPS092\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

 Ethical understanding

COMMUNICATING AND INTERACTING FOR HEALTH AND WELL BEING

Characteristics of respectful relationships:

- respecting the rights and responsibilities of individuals in the relationship
- respect for personal differences and opinions
- empathy

[\(ACPPS093\)](#)

Description of movement using basic kinematic and kinetic terms, such as:

- projectile motion
- summation of forces

[\(ACPMP103\)](#)

 Literacy

 Numeracy

 Critical and creative thinking

 Personal and social capability

LEARNING THROUGH MOVEMENT

Skills and strategies for effective leadership, including teamwork and motivation [\(ACPMP105\)](#)

 Literacy


 Critical and creative thinking

 Personal and social capability

Transfer of skills and tactics between physical activities [\(ACPMP106\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability


Characteristics of fair play and application of fair and ethical behaviour in physical activity [\(ACPMP107\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

 Ethical understanding

 Intercultural understanding

Strategies for managing emotional responses and resolving conflict in a family, social or online environment

[\(ACPPS094\)](#)

 Literacy

 Information and Communication

Technology (ICT) capability

 Critical and creative thinking

 Personal and social capability

 Ethical understanding

Skills to determine appropriateness and reliability of online health information

[\(ACPPS095\)](#)

 Literacy

 Critical and creative thinking

 Personal and social capability

CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES

The implications of attitudes and behaviours on individuals and the

 Literacy

 Critical and creative thinking

 Personal and social capability

 Ethical understanding



community, such as:

- prejudice
- marginalisation
- homophobia
- discrimination

([ACPPS098](#))

 Literacy

 Critical and creative thinking

 Personal and social capability

 Ethical understanding

 Intercultural understanding

Achievement standard

Health Education

At Standard, students identify and apply relevant criteria to determine reliability of online health information and whether it is suitable for use in a particular context.

Students evaluate a range of characteristics of respectful relationships, such as showing respect for self and others, and personal differences and opinions. They describe and apply appropriate skills and strategies to resolve and manage conflict within different environments.

Physical Education

At Standard, students select and use individual movement skills and sequences that increase in complexity and perform them with increased speed, control and improved accuracy. They implement tactics and adapt them in response to previous performances.

Students describe projectile motion; summation of forces; and ways to measure a number of the body's responses to physical activity. In competitive contexts, students participate ethically and demonstrate ways to build motivation and encourage teamwork.

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