

Health and Physical Education (HPE)

Australian Curriculum Version 9.0

The Australian Curriculum identifies and organises the essential knowledge, understandings and skills that students should learn. This overview summarises the key elements of this learning area.

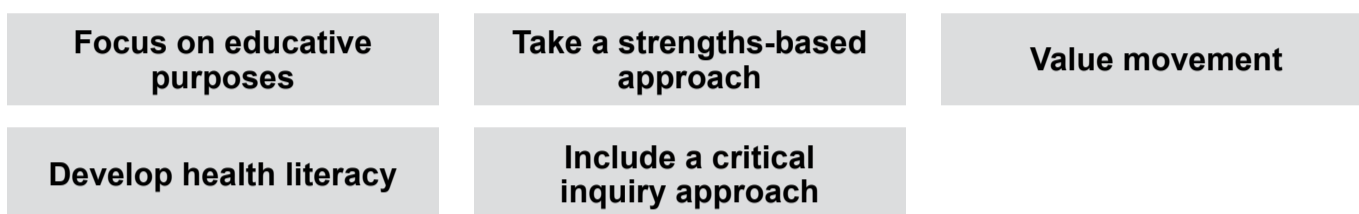
Rationale summary

HPE develops healthy and active citizens with critical inquiry skills to analyse and understand the influences on their own and others' health, safety, wellbeing and physical activity participation.

Aims summary

HPE develops knowledge, understanding and skills for students to take positive action to enhance, and advocate for, regular movement-based activity, self-identity and wellbeing, their own and others' health and safety and respectful relationships.

Health and Physical Education propositions



Focus areas

The 12 focus areas provide the breadth of learning through which content must be delivered across P–10.

Alcohol and other drugs	Relationships and sexuality	Fundamental movement skills
Food and nutrition	Safety	Games and sports
Health benefits of physical activity	Active play and minor games	Lifelong physical activities
Mental health and wellbeing	Challenge and adventure activities	Rhythmic and expressive activities

Content descriptions

Content descriptions describe what is to be taught and what students are expected to learn. Content descriptions are organised through strands and sub-strands. The two strands are interrelated and inform and support each other.

Strands	Personal, social and community health	Movement and physical activity
	Identities and change	Moving our bodies
	Interacting with others	Making active choices
	Making healthy and safe choices	Learning through movement
Sub-strands		

Achievement standards

Achievement standards for each subject describe the learning expected of students by the end of each year or two-year band. In HPE, the achievement standard outlines the understanding and skills for each year/band. This learning area provides an achievement standard for each year/band.

Find out more on the QCAA Australian Curriculum page at www.qcaa.qld.edu.au/p-10/aciq.

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Banded curriculum

Level descriptions

Level descriptions provide an overview of the learning that students should experience in each year or two-year band.

