

# Prep–Year 6 Health and Physical Education

## Australian Curriculum Version 9.0: Sequence of content descriptions

The following table provides a sequence of content descriptions aligned to the strands and sub-strands for Prep–Year 6 Health and Physical Education. Content descriptions identify the learning area’s essential knowledge, understanding and skills. This resource can be used to support curriculum planning. A similar resource is available for Years 7–10 Health and Physical Education.

Strand: Personal, social and community health				
Sub-strands	Prep	Years 1–2 band	Years 3–4 band	Years 5–6 band
<b>Identities and change</b>	investigate who they are and the people in their world AC9HPFP01	describe their personal qualities and those of others, and explain how they contribute to developing identities AC9HP2P01	investigate how success, challenge, setbacks and failure strengthen resilience and identities in a range of contexts AC9HP4P01	explain how identities can be influenced by people and places, and how we can create positive self-identities AC9HP6P01
			plan, rehearse and reflect on strategies to cope with the different changes and transitions they experience, such as the changes associated with puberty AC9HP4P02	investigate resources and strategies to manage changes and transitions, including changes associated with puberty AC9HP6P02
			describe how choices and actions can be influenced by stereotypes AC9HP4P03	investigate how the portrayal of societal roles and responsibilities can be influenced by gender stereotypes AC9HP6P03
<b>Interacting with others</b>	practise personal and social skills to interact respectfully with others AC9HPFP02	identify and explore skills and strategies to develop respectful relationships AC9HP2P02	select, use and refine personal and social skills to establish, manage and strengthen relationships AC9HP4P04	describe and demonstrate how respect and empathy can be expressed to positively influence relationships AC9HP6P04
			describe how valuing diversity influences wellbeing and identify actions that promote inclusion in their communities AC9HP4P05	describe and implement strategies to value diversity in their communities AC9HP6P05
	express and describe emotions they experience AC9HPFP03	identify how different situations influence emotional responses AC9HP2P03	explain how and why emotional responses can vary and practise strategies to manage their emotions AC9HP4P06	apply strategies to manage emotions and analyse how emotional responses influence interactions AC9HP6P06
	explore how to seek, give or deny permission respectfully when sharing possessions or personal space AC9HPFP04	practise strategies they can use when they need to seek, give or deny permission respectfully AC9HP2P04	rehearse and refine strategies for seeking, giving and denying permission respectfully and describe situations when permission is required AC9HP4P07	describe strategies for seeking, giving or denying consent and rehearse how to communicate their intentions effectively and respectfully AC9HP6P07
<b>Making healthy and safe choices</b>	demonstrate protective behaviours, name body parts and rehearse help-seeking strategies that help keep them safe AC9HPFP05	identify and demonstrate protective behaviours and help-seeking strategies they can use to help them and others stay safe AC9HP2P05	describe and apply protective behaviours and help-seeking strategies in a range of online and offline situations AC9HP4P08	analyse and rehearse protective behaviours and help-seeking strategies that can be used in a range of online and offline situations AC9HP6P08
	identify health symbols, messages and strategies in their community that support their health and safety AC9HPFP06	investigate a range of health messages and practices in their community and discuss their purposes AC9HP2P06	interpret the nature and intention of health information and messages, and reflect on how they influence personal decisions and behaviours AC9HP4P09	investigate different sources and types of health information and how these apply to their own and others’ health choices AC9HP6P09
			investigate and apply behaviours that contribute to their own and others’ health, safety, relationships and wellbeing AC9HP4P10	analyse how behaviours influence the health, safety, relationships and wellbeing of individuals and communities AC9HP6P10

Strand: Movement and physical activity				
Sub-strands	Prep	Years 1–2 band	Years 3–4 band	Years 5–6 band
Moving our bodies	practise fundamental movement skills in minor game and play situations AC9HPFM01	practise fundamental movement skills and apply them in a variety of movement situations AC9HP2M01	refine and apply fundamental movement skills in new movement situations AC9HP4M01	adapt and modify movement skills across a variety of situations AC9HP6M01
			apply and adapt movement strategies to achieve movement outcomes AC9HP4M02	transfer familiar movement strategies to different movement situations AC9HP6M02
	experiment with different ways of moving their body safely and manipulating objects and space AC9HPFM02	investigate different ways of moving their body, and manipulating objects and space, and draw conclusions about their effectiveness AC9HP2M02	demonstrate how movement concepts related to effort, space, time, objects and people can be applied when performing movement sequences AC9HP4M03	investigate how different movement concepts related to effort, space, time, objects and people can be applied to improve movement outcomes AC9HP6M03
Making active choices	participate in a range of activities in natural and outdoor settings and explore the benefits of being physically active AC9HPFM03	participate in a range of physical activities in natural and outdoor settings, and investigate factors and settings that make physical activity enjoyable AC9HP2M03	participate in physical activities to explore how their body feels and describe how regular physical activity helps the body stay healthy and well AC9HP4M04	participate in physical activities to investigate the body's reaction to different levels of intensity AC9HP6M04
			participate in physical activities in natural and outdoor settings to examine factors that can influence their own and others' participation AC9HP4M05	participate in physical activities that enhance health and wellbeing in natural and outdoor settings, and analyse the steps and resources needed to promote participation AC9HP6M05
			explore recommendations about physical activity and sedentary behaviours, and discuss strategies to achieve the recommendations AC9HP4M06	propose and explain strategies to increase physical activity and reduce sedentary behaviour levels in their lives AC9HP6M06
Learning through movement			apply creative thinking when designing movement sequences and solving movement problems AC9HP4M07	predict and test the effectiveness of applying different skills and strategies in a range of movement situations AC9HP6M07
	follow rules to promote fair play in a range of physical activities AC9HPFM04	co-construct and apply rules to promote fair play in a range of physical activities AC9HP2M04	apply rules and scoring systems to promote fair play when participating or designing physical activities AC9HP4M08	devise and test alternative rules and game modifications to support fair play and inclusive participation AC9HP6M08
		apply strategies to work collaboratively when participating in physical activities AC9HP2M05	perform a range of roles in respectful ways to achieve successful outcomes in group or team movement activities AC9HP4M09	participate positively in groups and teams by contributing to group activities, encouraging others and negotiating roles and responsibilities AC9HP6M09

## More information

If you would like more information, please visit the QCAA website [www.qcaa.qld.edu.au](http://www.qcaa.qld.edu.au). Alternatively, email the K–10 Curriculum and Assessment branch at [australiancurriculum@qcaa.qld.edu.au](mailto:australiancurriculum@qcaa.qld.edu.au).

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