

Years 7–10 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 Years 7–10 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 Prep–Year 6 Health and Physical Education.

Strand: Personal, social and community health		
Sub-strands	Years 7–8 band	Years 9–10 band
Identities and change	analyse and reflect on the influence of values and beliefs on the development of identities AC9HP8P01	analyse factors that shape identities and evaluate how individuals influence the identities of others AC9HP10P01
	analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changes AC9HP8P02	refine, evaluate and adapt strategies for managing changes and transitions AC9HP10P02
	examine how roles, decision-making, and levels of power, coercion and control within relationships can be influenced by gender stereotypes AC9HP8P03	investigate how gender equality and challenging assumptions about gender can prevent violence and abuse in relationships AC9HP10P03
Interacting with others	examine the roles of respect, empathy, power and coercion in developing respectful relationships AC9HP8P04	evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships AC9HP10P04
	investigate strategies that influence how communities value diversity and propose actions they can take to promote inclusion in their communities AC9HP8P05	propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communities AC9HP10P05
	analyse factors that influence emotional responses and devise strategies to self-manage emotions AC9HP8P06	evaluate emotional responses in different situations to refine strategies for managing emotions AC9HP10P06
	explain and apply skills and strategies to communicate assertively and respectfully when seeking, giving or denying consent AC9HP8P07	examine how strategies, such as communicating choices, seeking, giving and denying consent, and expressing opinions and needs can support the development of respectful relationships, including sexual relationships AC9HP10P07
Making healthy and safe choices	refine protective behaviours and evaluate community resources to seek help for themselves and others AC9HP8P08	plan, rehearse and evaluate strategies for managing situations where their own or others’ health, safety or wellbeing may be at risk AC9HP10P08
	investigate how media and influential people impact attitudes, beliefs, decisions and behaviours in relation to health, safety, relationships and wellbeing AC9HP8P09	critique health information, services and media messaging about relationships, lifestyle choices, health decisions and behaviours to evaluate their influence on individual attitudes and actions AC9HP10P09
	plan and implement strategies, using health resources, to enhance their own and others’ health, safety, relationships and wellbeing AC9HP8P10	plan, justify and critique strategies to enhance their own and others’ health, safety, relationships and wellbeing AC9HP10P10

Strand: Movement and physical activity		
Sub-strands	Years 7–8 band	Years 9–10 band
Moving our bodies	analyse, refine and transfer movement skills in a variety of movement situations AC9HP8M01	analyse, adapt and refine their own and others' movement skills in a range of challenging movement situations to enhance performance AC9HP10M01
	design and demonstrate how movement strategies can be manipulated to improve movement outcomes AC9HP8M02	create and refine movement strategies to achieve successful outcomes across a range of challenging movement situations AC9HP10M02
	demonstrate and explain how movement concepts related to effort, space, time, objects and people can be manipulated to improve movement outcomes AC9HP8M03	apply movement concepts in new or challenging movement situations and analyse the impact each concept has on movement outcomes AC9HP10M03
Making active choices	participate in physical activities designed to improve fitness and wellbeing to investigate the impact of regular participation on health, fitness and wellbeing AC9HP8M04	participate in physical activities designed to enhance health, wellbeing and fitness, and design, apply and evaluate strategies for incorporating these activities into their lives AC9HP10M04
	participate in physical activities that utilise community spaces and outdoor settings, and evaluate strategies to support increased use of these spaces AC9HP8M05	participate in physical activities that promote health and social outcomes to design and evaluate participation strategies for themselves and others AC9HP10M05
	design and justify strategies to increase physical activity levels to achieve health and wellbeing outcomes AC9HP8M06	design, implement and evaluate personalised plans for improving or maintaining their own or others' physical activity levels to achieve fitness, health and wellbeing outcomes AC9HP10M06
Learning through movement	propose and evaluate movement strategies and skills that would be most effective in different movement situations AC9HP8M07	transfer and adapt skills and strategies from previous experiences to create successful outcomes in unfamiliar movement situations AC9HP10M07
	investigate modifications to equipment, rules and scoring systems that support fair play and inclusive participation AC9HP8M08	demonstrate fair play and reflect on how ethical behaviour can influence physical activity outcomes for individuals and groups AC9HP10M08
	practise and apply leadership, collaboration and group decision-making processes when participating in a range of physical activities AC9HP8M09	devise, implement and refine strategies for decision-making when working in groups or teams that demonstrate leadership and collaboration skills AC9HP10M09

More information

If you would like more information, please visit the QCAA website www.qcaa.qld.edu.au. Alternatively, email the K–10 Curriculum and Assessment branch at australiancurriculum@qcaa.qld.edu.au.

 © State of Queensland (QCAA) 2022

Licence: <https://creativecommons.org/licenses/by/4.0> | **Copyright notice:** www.qcaa.qld.edu.au/copyright — lists the full terms and conditions, which specify certain exceptions to the licence. | **Attribution** (include the link): © State of Queensland (QCAA) 2022 www.qcaa.qld.edu.au/copyright.

Unless otherwise indicated, material from Australian Curriculum is © ACARA 2010–present, licensed under [CC BY 4.0](https://creativecommons.org/licenses/by/4.0). For the latest information and additional terms of use, please check the Australian Curriculum website and its copyright notice.