

This resource shows alignment between aspects of the achievement standard and relevant content descriptions for Years 9–10 band. A similar resource is available for Prep/other bands.

The Australian Curriculum (AC) v9.0 code for each content description includes an element indicating the strand it is organised by, e.g. AC9HP10P01 indicates Personal, social and community health strand.

Key to content description codes: Health and Physical Education	
e.g. AC9HP10P01	Strands:
Australian Curriculum (AC)	• P — Personal, social and community health
Version 9 (9)	• M — Movement and physical activity
Health and Physical Education (HP)	
Years 9–10 (10)	
Strand (P, M)	
Content description number (01)	

Years 9–10 band Australian Curriculum: Health and Physical Education achievement standard

By the end of Year 10, students propose and evaluate personal strategies to manage their identities, emotions and responses to change. They evaluate how attitudes and beliefs about equality, respect, diversity and inclusion influence the nature and quality of relationships. Students propose and justify strategies to manage online and offline situations where their own or others' health, safety, relationships or wellbeing may be at risk. They synthesise health information from credible sources to propose and justify strategies to enhance their own and others' health, safety, relationships and wellbeing. Students evaluate and refine their own and others' movement skills and performances, and apply movement concepts in challenging or unfamiliar situations. They adapt and transfer movement strategies to unfamiliar situations to achieve successful outcomes. Students propose and evaluate community-based physical activity interventions designed to improve the health, fitness and wellbeing of themselves and others. They apply and evaluate leadership approaches, collaboration strategies and ethical behaviours across a range of movement contexts.

Achievement standard aspect	Relevant content description/s	AC v9.0 code
By the end of Year 10	Students learn to:	
Students propose and evaluate personal strategies to manage their identities, emotions and responses to change.	• analyse factors that shape identities and evaluate how individuals influence the identities of others	AC9HP10P01
	• refine, evaluate and adapt strategies for managing changes and transitions	AC9HP10P02
	• evaluate emotional responses in different situations to refine strategies for managing emotions	AC9HP10P06
They evaluate how attitudes and beliefs about equality, respect, diversity and inclusion influence the nature and quality of relationships.	• investigate how gender equality and challenging assumptions about gender can prevent violence and abuse in relationships	AC9HP10P03
	• evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationships	AC9HP10P04
	• propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communities	AC9HP10P05
Students propose and justify strategies to manage online and offline situations where their own or others' health, safety, relationships or wellbeing may be at risk.	• 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
	• plan, rehearse and evaluate strategies for managing situations where their own or others' health, safety or wellbeing may be at risk	AC9HP10P08
They synthesise health information from credible sources to propose and justify strategies to enhance their own and others' health, safety, relationships and wellbeing.	• 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, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing	AC9HP10P10
Students evaluate and refine their own and others' movement skills and performances, and apply movement concepts in challenging or unfamiliar situations.	• analyse, adapt and refine their own and others' movement skills in a range of challenging movement situations to enhance performance	AC9HP10M01
	• apply movement concepts in new or challenging movement situations and analyse the impact each concept has on movement outcomes	AC9HP10M03
They adapt and transfer movement strategies to unfamiliar situations to achieve successful outcomes.	• create and refine movement strategies to achieve successful outcomes across a range of challenging movement situations	AC9HP10M02
	• transfer and adapt skills and strategies from previous experiences to create successful outcomes in unfamiliar movement situations	AC9HP10M07
Students propose and evaluate community-based physical activity interventions designed to improve the health, fitness and wellbeing of themselves and others.	• 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 promote health and social outcomes to design and evaluate participation strategies for themselves and others	AC9HP10M05
	• 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
They apply and evaluate leadership approaches, collaboration strategies and ethical behaviours across a range of movement contexts.	• demonstrate fair play and reflect on how ethical behaviour can influence physical activity outcomes for individuals and groups	AC9HP10M08
	• 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.

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