|  |
| --- |
| Years 7–10 multi-age Health and Physical EducationCurriculum and assessment plan[Insert school name, implementation year] |

Use this template in a multi-age context to plan an overview or summary of the teaching, learning and assessment for multiple year levels in the Australian Curriculum: Health and Physical Education. For planning advice, refer to the *Planning for teaching, learning and assessment* document available on the Planning tab for each learning area at [www.qcaa.qld.edu.au/p-10/aciq/version-9/learning-areas](http://www.qcaa.qld.edu.au/p-10/aciq/version-9/learning-areas).

**How to use this template:** Type information into the fields (yellow shading). When the plan is complete, delete the highlighted instructions (blue shading). To do so, select the instruction text, click the **Home tab > Styles dropdown > Clear All/Clear Formatting >** text will revert to Normal style and you can delete the text.

|  |
| --- |
| Context and cohort considerations (if applicable) |
| Describe the context and cohort. Consider the following to make informed professional decisions during the planning process:* + relevant student data and information, e.g. achievement data
	+ available resources, e.g. timetabling
	+ school and sector priorities.

[Insert context and cohort considerations] |

| Level description — Years 7–8  | Level description — Years 9–10  |
| --- | --- |
| The Years 7–8 curriculum builds on each student’s prior learning. During this time, a major influence on students is the world around them, and their peers become a key source of motivation and support when managing their health and wellbeing.Students reflect on factors that influence their perception of themselves and their capacity to be resilient. Students explore behavioural expectations for different social situations. They develop the knowledge, understanding and skills to recognise instances of disrespect, discrimination, harassment and violence, and to act assertively to support their own rights and feelings and those of others.Students investigate a range of health issues relevant to young people to understand the choices people make about their health and wellbeing. They examine the factors that can influence an individual’s choices, and explore and evaluate options, consequences, and healthier and safer alternatives. Students continue to refine their health literacy skills as well as their understanding of the sources of support available, to seek early help when they or people around them need it.In these years, Health and Physical Education plays an important role in maintaining physical activity participation, through opportunities for skill development in a variety of movement forms that enhance performance and competence, as well as providing enjoyment and a sense of achievement.Students practise and apply more complex combinations of skills and strategies in a range of movement situations and settings. They explore the range of factors and movement concepts that influence the quality of movement performances. They practise techniques that can be used to enhance their own and others’ performances.Students have opportunities to practise using creative and collaborative processes to work in a group or team to communicate effectively, solve problems, resolve conflicts, and make decisions in movement and social contexts. | The Years 9–10 curriculum builds on each student’s prior learning. During this time, students refine their understanding of how they can contribute to individual and community health and wellbeing. Students have frequent opportunities to participate in physical activities, including in outdoor settings, to value the importance of active recreation as a way of enhancing their health and wellbeing throughout their lives.Students explore practical and creative actions that promote their own health and wellbeing and that of their wider community, such as designing spaces promoting physical activity, active transport options and sustainable strategies for selecting food sources. Practical learning experiences in these years support students to plan, implement, monitor and evaluate personal habits to enhance their wellbeing.Students explore how societal attitudes and values can reinforce stereotypes and role expectations. They investigate how these can impact young people’s choices in relation to health behaviours, healthcare options, help-seeking strategies and physical activity participation.Students investigate a range of health issues relevant to young people, including mental health, sexual health, healthy eating, personal and relationship safety, body image and behaviours associated with substance use. As they do so, students further refine their help-seeking strategies, assertive behaviours, conflict resolution and negotiation.Students have opportunities to explore the nature and benefits of respectful relationships. They further develop skills to manage their relationships as they change over time. They have opportunities to explore empathy, ethical decision-making, respect and consent, and analyse the role they play in establishing and maintaining respectful relationships.Students practise and refine more specialised movement skills and complex movement strategies and concepts in different movement environments. They apply movement concepts and strategies to evaluate and refine their own and others’ movement performances.Students further investigate techniques to assess the quality of movement performances. They adapt and improvise their movements to respond to different movement situations, stimuli and challenges. Students refine and consolidate their leadership, teamwork and collaborative skills through participation in a range of physical activities. |

**Note:** Insert/delete rows/columns, as required, to provide an overview of the teaching, learning and assessment sequence across the bands.

|  | Unit 1 — [Insert unit title] | Unit 2 — [Insert unit title] | Unit 3 — [Insert unit title] | Unit 4 — [Insert unit title] |
| --- | --- | --- | --- | --- |
|  | Duration: [Insert semester, term and/or weeks] | Duration: [Insert semester, term and/or weeks] | Duration: [Insert semester, term and/or weeks] | Duration: [Insert semester, term and/or weeks] |
|  | [Insert unit description and learning focus] | [Insert unit description and learning focus] | [Insert unit description and learning focus] | [Insert unit description and learning focus] |
| Years 7–8  | [Insert relevant band-specific detail] | [Insert relevant band-specific detail] | [Insert relevant band-specific detail] | [Insert relevant band-specific detail] |
| Years 9–10  | [Insert relevant band-specific detail] | [Insert relevant band-specific detail] | [Insert relevant band-specific detail] | [Insert relevant band-specific detail] |

# Years 7–8

**Note:**

Adjust the table to reflect the number of units you will offer.

Highlight the aspects of the achievement standard that will be assessed within each unit.

|  | Unit 1 | Unit 2 | Unit 3 | Unit 4 |
| --- | --- | --- | --- | --- |
|  | Assessment — [Insert assessment title] | Timing | Assessment — [Insert assessment title] | Timing | Assessment — [Insert assessment title] | Timing | Assessment — [Insert assessment title] | Timing |
| Assessment | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] |
| Achievement standard | By the end of Year 8, students analyse factors that influence identities, emotions and responses to change, and describe strategies to respond to these influences. They analyse how stereotypes, respect, empathy and valuing diversity influence relationships. Students analyse the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline. They analyse health information and messages to propose strategies that enhance their own and others’ health, safety, relationships and wellbeing. Students apply and transfer movement skills and movement concepts across a range of situations. They implement and evaluate the effectiveness of movement strategies on movement outcomes. Students propose and evaluate strategies designed to achieve personal health, fitness and wellbeing outcomes. They select, use and refine strategies to support inclusion, fair play and collaboration across a range of movement contexts. | By the end of Year 8, students analyse factors that influence identities, emotions and responses to change, and describe strategies to respond to these influences. They analyse how stereotypes, respect, empathy and valuing diversity influence relationships. Students analyse the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline. They analyse health information and messages to propose strategies that enhance their own and others’ health, safety, relationships and wellbeing. Students apply and transfer movement skills and movement concepts across a range of situations. They implement and evaluate the effectiveness of movement strategies on movement outcomes. Students propose and evaluate strategies designed to achieve personal health, fitness and wellbeing outcomes. They select, use and refine strategies to support inclusion, fair play and collaboration across a range of movement contexts. | By the end of Year 8, students analyse factors that influence identities, emotions and responses to change, and describe strategies to respond to these influences. They analyse how stereotypes, respect, empathy and valuing diversity influence relationships. Students analyse the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline. They analyse health information and messages to propose strategies that enhance their own and others’ health, safety, relationships and wellbeing. Students apply and transfer movement skills and movement concepts across a range of situations. They implement and evaluate the effectiveness of movement strategies on movement outcomes. Students propose and evaluate strategies designed to achieve personal health, fitness and wellbeing outcomes. They select, use and refine strategies to support inclusion, fair play and collaboration across a range of movement contexts. | By the end of Year 8, students analyse factors that influence identities, emotions and responses to change, and describe strategies to respond to these influences. They analyse how stereotypes, respect, empathy and valuing diversity influence relationships. Students analyse the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline. They analyse health information and messages to propose strategies that enhance their own and others’ health, safety, relationships and wellbeing. Students apply and transfer movement skills and movement concepts across a range of situations. They implement and evaluate the effectiveness of movement strategies on movement outcomes. Students propose and evaluate strategies designed to achieve personal health, fitness and wellbeing outcomes. They select, use and refine strategies to support inclusion, fair play and collaboration across a range of movement contexts. |
| Moderation | [Insert moderation details, including when moderation will occur and how it will be conducted] | [Insert moderation details, including when moderation will occur and how it will be conducted] | [Insert moderation details, including when moderation will occur and how it will be conducted] | [Insert moderation details, including when moderation will occur and how it will be conducted] |

**Note:** Adjust the table to reflect the number of units you will offer. Check or uncheck the columns as appropriate for each unit.

| Content descriptions | Units | Content descriptions | Units |
| --- | --- | --- | --- |
| Personal, social and community health | 1 | 2 | 3 | 4 | Movement and physical activity | 1 | 2 | 3 | 4 |
| **Identities and change**analyse and reflect on the influence of values and beliefs on the development of identitiesAC9HP8P01 | [ ]  | [ ]  | [ ]  | [ ]  | **Moving our bodies**analyse, refine and transfer movement skills in a variety of movement situations AC9HP8M01 | [ ]  | [ ]  | [ ]  | [ ]  |
| analyse the impact of changes and transitions, and devise strategies to support themselves and others through these changesAC9HP8P02 | [ ]  | [ ]  | [ ]  | [ ]  | design and demonstrate how movement strategies can be manipulated to improve movement outcomesAC9HP8M02 | [ ]  | [ ]  | [ ]  | [ ]  |
| examine how roles, decision-making, and levels of power, coercion and control within relationships can be influenced by gender stereotypesAC9HP8P03 | [ ]  | [ ]  | [ ]  | [ ]  | demonstrate and explain how movement concepts related to effort, space, time, objects and people can be manipulated to improve movement outcomesAC9HP8M03 | [ ]  | [ ]  | [ ]  | [ ]  |
| **Interacting with others**examine the roles of respect, empathy, power and coercion in developing respectful relationshipsAC9HP8P04 | [ ]  | [ ]  | [ ]  | [ ]  | **Making active choices**participate in physical activities designed to improve fitness and wellbeing to investigate the impact of regular participation on health, fitness and wellbeingAC9HP8M04 | [ ]  | [ ]  | [ ]  | [ ]  |
| investigate strategies that influence how communities value diversity and propose actions they can take to promote inclusion in their communitiesAC9HP8P05 | [ ]  | [ ]  | [ ]  | [ ]  | participate in physical activities that utilise community spaces and outdoor settings, and evaluate strategies to support increased use of these spacesAC9HP8M05 | [ ]  | [ ]  | [ ]  | [ ]  |
| analyse factors that influence emotional responses and devise strategies to self-manage emotionsAC9HP8P06 | [ ]  | [ ]  | [ ]  | [ ]  | design and justify strategies to increase physical activity levels to achieve health and wellbeing outcomesAC9HP8M06 | [ ]  | [ ]  | [ ]  | [ ]  |
| explain and apply skills and strategies to communicate assertively and respectfully when seeking, giving or denying consentAC9HP8P07 | [ ]  | [ ]  | [ ]  | [ ]  | **Learning through movement**propose and evaluate movement strategies and skills that would be most effective in different movement situationsAC9HP8M07 | [ ]  | [ ]  | [ ]  | [ ]  |
| **Making healthy and safe choices**refine protective behaviours and evaluate community resources to seek help for themselves and othersAC9HP8P08 | [ ]  | [ ]  | [ ]  | [ ]  | investigate modifications to equipment, rules and scoring systems that support fair play and inclusive participationAC9HP8M08 | [ ]  | [ ]  | [ ]  | [ ]  |
| investigate how media and influential people impact attitudes, beliefs, decisions and behaviours in relation to health, safety, relationships and wellbeingAC9HP8P09 | [ ]  | [ ]  | [ ]  | [ ]  | practise and apply leadership, collaboration and group decision-making processes when participating in a range of physical activitiesAC9HP8M09 | [ ]  | [ ]  | [ ]  | [ ]  |
| plan and implement strategies, using health resources, to enhance their own and others’ health, safety, relationships and wellbeingAC9HP8P10 | [ ]  | [ ]  | [ ]  | [ ]  |  |

# Years 9–10

**Note:**

Adjust the table to reflect the number of units you will offer.

Highlight the aspects of the achievement standard that will be assessed within each unit.

|  | Unit 1 | Unit 2 | Unit 3 | Unit 4  |
| --- | --- | --- | --- | --- |
|  | Assessment — [Insert assessment title] | Timing | Assessment — [Insert assessment title] | Timing | Assessment — [Insert assessment title] | Timing | Assessment — [Insert assessment title] | Timing |
| Assessment | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] | [Insert concise description of assessment][Insert technique][Insert mode, if applicable][Insert conditions] | [Insert week/s or date/s] |
| 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. | 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. | 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. | 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. |
| Moderation | [Insert moderation details, including when moderation will occur and how it will be conducted] | [Insert moderation details, including when moderation will occur and how it will be conducted] | [Insert moderation details, including when moderation will occur and how it will be conducted] | [Insert moderation details, including when moderation will occur and how it will be conducted] |

**Note:** Adjust the table to reflect the number of units you will offer. Check or uncheck the columns as appropriate for each unit.

| Content descriptions | Units | Content descriptions | Units |
| --- | --- | --- | --- |
| Personal, social and community health | 1 | 2 | 3 | 4 | Movement and physical activity | 1 | 2 | 3 | 4 |
| **Identities and change**analyse factors that shape identities and evaluate how individuals influence the identities of othersAC9HP10P01 | [ ]  | [ ]  | [ ]  | [ ]  | **Moving our bodies**analyse, adapt and refine their own and others’ movement skills in a range of challenging movement situations to enhance performanceAC9HP10M01 | [ ]  | [ ]  | [ ]  | [ ]  |
| refine, evaluate and adapt strategies for managing changes and transitionsAC9HP10P02 | [ ]  | [ ]  | [ ]  | [ ]  | create and refine movement strategies to achieve successful outcomes across a range of challenging movement situationsAC9HP10M02 | [ ]  | [ ]  | [ ]  | [ ]  |
| investigate how gender equality and challenging assumptions about gender can prevent violence and abuse in relationshipsAC9HP10P03 | [ ]  | [ ]  | [ ]  | [ ]  | apply movement concepts in new or challenging movement situations and analyse the impact each concept has on movement outcomesAC9HP10M03 | [ ]  | [ ]  | [ ]  | [ ]  |
| **Interacting with others**evaluate the influence of respect, empathy, power and coercion on establishing and maintaining respectful relationshipsAC9HP10P04 | [ ]  | [ ]  | [ ]  | [ ]  | **Making active choices**participate in physical activities designed to enhance health, wellbeing and fitness, and design, apply and evaluate strategies for incorporating these activities into their livesAC9HP10M04 | [ ]  | [ ]  | [ ]  | [ ]  |
| propose strategies and actions individuals and groups can implement to challenge biases, stereotypes, prejudices and discrimination, and promote inclusion in their communitiesAC9HP10P05 | [ ]  | [ ]  | [ ]  | [ ]  | participate in physical activities that promote health and social outcomes to design and evaluate participation strategies for themselves and othersAC9HP10M05 | [ ]  | [ ]  | [ ]  | [ ]  |
| evaluate emotional responses in different situations to refine strategies for managing emotionsAC9HP10P06 | [ ]  | [ ]  | [ ]  | [ ]  | design, implement and evaluate personalised plans for improving or maintaining their own or others’ physical activity levels to achieve fitness, health and wellbeing outcomesAC9HP10M06 | [ ]  | [ ]  | [ ]  | [ ]  |
| 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 relationshipsAC9HP10P07 | [ ]  | [ ]  | [ ]  | [ ]  | **Learning through movement**transfer and adapt skills and strategies from previous experiences to create successful outcomes in unfamiliar movement situationsAC9HP10M07 | [ ]  | [ ]  | [ ]  | [ ]  |
| **Making healthy and safe choices**plan, rehearse and evaluate strategies for managing situations where their own or others’ health, safety or wellbeing may be at riskAC9HP10P08 | [ ]  | [ ]  | [ ]  | [ ]  | demonstrate fair play and reflect on how ethical behaviour can influence physical activity outcomes for individuals and groupsAC9HP10M08 | [ ]  | [ ]  | [ ]  | [ ]  |
| critique health information, services and media messaging about relationships, lifestyle choices, health decisions and behaviours to evaluate their influence on individual attitudes and actionsAC9HP10P09 | [ ]  | [ ]  | [ ]  | [ ]  | devise, implement and refine strategies for decision-making when working in groups or teams that demonstrate leadership and collaboration skillsAC9HP10M09 | [ ]  | [ ]  | [ ]  | [ ]  |
| plan, justify and critique strategies to enhance their own and others’ health, safety, relationships and wellbeingAC9HP10P10 | [ ]  | [ ]  | [ ]  | [ ]  |  |

**Note:** Adjust the table to reflect the number of units you will offer. Check or uncheck the columns as appropriate for each unit.

|  |  |
| --- | --- |
| Focus areas |  |
|  | 1 | 2 | 3 | 4 |
| Alcohol and other drugs | [ ]  | [ ]  | [ ]  | [ ]  |
| Food and nutrition | [ ]  | [ ]  | [ ]  | [ ]  |
| Health benefits of physical activity | [ ]  | [ ]  | [ ]  | [ ]  |
| Mental health and wellbeing | [ ]  | [ ]  | [ ]  | [ ]  |
| Relationships and sexuality | [ ]  | [ ]  | [ ]  | [ ]  |
| Safety | [ ]  | [ ]  | [ ]  | [ ]  |
| Active play and minor games | [ ]  | [ ]  | [ ]  | [ ]  |
| Challenge and adventure activities | [ ]  | [ ]  | [ ]  | [ ]  |
| Fundamental movement skills | [ ]  | [ ]  | [ ]  | [ ]  |
| Games and sports | [ ]  | [ ]  | [ ]  | [ ]  |
| Lifelong physical activities | [ ]  | [ ]  | [ ]  | [ ]  |
| Rhythmic and expressive activities | [ ]  | [ ]  | [ ]  | [ ]  |

**Note:** Adjust the table to reflect the number of units you will offer. Check or uncheck the columns as appropriate for each unit.

| General capabilities | Units |  | Cross-curriculum priorities | Units |
| --- | --- | --- | --- | --- |
|  | 1 | 2 | 3 | 4 |  |  | 1 | 2 | 3 | 4 |
| Critical and creative thinking | [ ]  | [ ]  | [ ]  | [ ]  |  | Aboriginal and Torres Strait Islander histories and cultures | [ ]  | [ ]  | [ ]  | [ ]  |
| Digital literacy | [ ]  | [ ]  | [ ]  | [ ]  |  | Asia and Australia’s engagement with Asia | [ ]  | [ ]  | [ ]  | [ ]  |
| Ethical understanding | [ ]  | [ ]  | [ ]  | [ ]  |  | Sustainability | [ ]  | [ ]  | [ ]  | [ ]  |
| Intercultural understanding | [ ]  | [ ]  | [ ]  | [ ]  |
| Literacy | [ ]  | [ ]  | [ ]  | [ ]  |
| Numeracy | [ ]  | [ ]  | [ ]  | [ ]  |
| Personal and social capability | [ ]  | [ ]  | [ ]  | [ ]  |

 © State of Queensland (QCAA) 2023

**Licence:** <https://creativecommons.org/licenses/by/4.0> **| Copyright notice:** [www.qcaa.qld.edu.au/copyright](https://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](https://www.qcaa.qld.edu.au/copyright)) 2023 [www.qcaa.qld.edu.au/copyright](https://www.qcaa.qld.edu.au/copyright).

Unless otherwise indicated material from the Australian Curriculum is © ACARA 2010–present, licensed under CC BY 4.0. For the latest information and additional terms of use, please check the [Australian Curriculum website](https://www.australiancurriculum.edu.au/) and its [copyright notice](https://www.acara.edu.au/contact-us/copyright).