Years 1–2 Health and Physical Education Curriculum and assessment plan

Example

Level description	Context and cohort consideration
The Years 1–2 curriculum builds on each student's prior learning. In the early years, priority is given to the development of movement skills, participation in physical activity, and development of safe and healthy personal practices.	Students in Year 1 and Year 2 partici twice a week. The units span the entited
Through exploration and play, students investigate how health and movement concepts exist and impact their lives and the lives of others. They strengthen dispositions for learning including curiosity, confidence, cooperation, investigation and transfer.	and meaningful learning experiences individual ability.
Students explore personal qualities and factors that contribute to and influence identities, and understand the importance of assertive behaviour to ensure interactions with others are respectful and safe. As these relationships are formed, students develop an understanding of reciprocal rights and responsibilities, and the ability to see things from other people's viewpoints.	The classroom teacher and specialist collaborate to teach the content in parassessment items.
Students strengthen their communication skills by identifying and applying strategies to interact respectfully with others and develop a deeper understanding of how emotions, fairness, diversity and health messages contribute to keeping themselves and others healthy and safe.	
Through the continued development of fundamental skills, students participate in a range of different physical activities to explore the benefits of each and what they enjoy about them.	
Students are supported in increasing the range and complexity of their fundamental movement skills. They refine and extend skills learnt in Foundation to include locomotor skills such as rolling, leaping, skipping, galloping and dodging, and object control skills such as striking and kicking objects from the ground or moving towards them.	
Through participation in active play, small group games and minor games, students apply different ways to move safely, and investigate how to select and apply fundamental movement skills individually, in groups and in teams in a range of movement situations.	

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ticipate in Health and Physical Education classes entire semester integrating the strands for authentic res. Students develop movement skills, focussing on

list Health and Physical Education teacher/s parallel but allocate and manage individual



Unit 1 — Manipulating movement for safety	Unit 2 — Enjoying wellness
Timing: Year 1	Timing: Year 1
Duration: 20 weeks	Duration: 20 weeks
es. They explore how protective behaviours and help-seeking strategies contribute to keeping themselves and others fe. prough participation in physical activities and games (e.g. tag, movement stations, obstacle courses, relays) students vestigate different ways of moving their body for a purpose. In indoor environments, they practise moving safely with awareness of space using locomotor skills, e.g. balancing, rolling, walking, galloping, leaping, hopping, skipping. udents experiment with using different body parts to travel in different directions, speeds and levels. They control jects by manipulating equipment to complete a variety of movement challenges.	Students explore health and wellness and what it means to be healthy. The benefits of health, and the messages and resources that enhance their owr food and physical activity can influence health and wellbeing, investigating physical activity participation.
	Using the Queensland Government Smart Choices: Food and drink spectru drink categories and how these support bodily growth and maintenance. The distinct foods into their diets, such as trying different food items multiple time Through sensory exploration, students taste, feel and/or smell a variety of g
tudents apply the fundamental movement skills from indoor environments to physical activities and games in outdoor nd natural spaces. They discuss how they move with objects and in space effectively, drawing conclusions about the novements used in outdoor and natural spaces, e.g. which movement skills help control their speed downhill, navigate	and differences to encourage the promotion of these foods. They explore h emotions and be a source of enjoyment. Students communicate the import choices that enhance their own and others' wellbeing.
lifferent terrain like sand or gravel. Through discussion and participation in physical activities and games, students explore steps they could use to help nemselves and others stay safe, and consider alternatives for moving safely, e.g. looking in the direction they are going, adjusting their speed, listening to teacher instructions. They address their own and others' safety by explaining their use of safety signs, symbols and rules in activities or games, and investigate where safety signs, symbols and rules are used in everyday life to keep people safe.	Through a range of traditional Aboriginal games and Torres Strait Islander Yulunga Traditional Indigenous Games as a teacher resource, students ex Aboriginal peoples and Torres Strait Islander peoples. They gain insight int adaptations of traditional games within Aboriginal culture and Torres Strait Central Australia, Gorri from the Kimberley region, and Borna Jokee from V connected traditions of these communities across different regions. Throug Aboriginal games and Torres Strait Islander games, students identify enjoy
rough a range of day-to-day scenarios, students use problem-solving skills to roleplay safe decisions in the assroom, the playground, at home and in the community. Students identify where they may not be able to solve oblems themselves and recognise the importance of seeking help from their trusted network of people. They revise d update the network of people they identified in Prep (Unit 3 — Body boss) that they can go to for help, and rehearse	rules, player roles, inclusion) and compare these features with games fami and their influence on personal preferences, highlighting how games can be making physical activity beneficial for health and wellbeing.
uilding on safety knowledge developed in Prep (Unit 4 — Safety detectives), students explore safety in road and ansport environments. Using movement devices (e.g. scooters, scooter boards) to perform a range of movements,	Students explore the social and emotional benefits of being physically active Strait Islander cultural and spiritual actions. Traditional dance and/or caring and present daily lives of Aboriginal people and Torres Strait Islander people social and emotional benefits associated with these actions.
avigating courses, interpreting safety signs and directions showing an understanding of the words, 'stop', 'go', 'straight nead', 'reverse', 'left' or 'right'. Through road and transport roleplay scenarios, students use critical thinking skills to entify the relationships between using protective behaviours (e.g. seatbelts, helmets, stops signs, zebra crossings, ossing supervisors) and help-seeking strategies (e.g. access to emergency services personnel), drawing conclusions make choices to keep themselves and others acfe. Students ravise the Danger (D) Bespapes (R). Send (S) for help	Building on these experiences, students explore the emotions associated we these feelings influence their interactions and relationships with others. The during physical activities and how emotional responses affect their own fee demonstrating empathy by recognising and validating their peers' emotions express their feelings, establishing respectful interactions.
state their location in familiar places, such as the school address and/or their home address.	Note: Through consultation with local Traditional Custodians/First Nations guided and given consent to engage in additional Aboriginal and Torres Strexpressions, e.g., traditional dance, traditional practices that sustain connections.

hey discover physical, social and emotional wn and others' wellbeing. Students explore how g factors that influence food choices and

trum, students explore the role of food and They investigate enjoyable ways to incorporate imes and preparing foods in creative ways. f green category foods, identifying similarities how food experiences can evoke a range of ortance of health information in making food

er games, using the Australian Government explore games traditionally played by different nto Country/Place and the unique, place-based it Islander culture (e.g. Apwerte from Warrina in Western Australia) highlighting the diverse yet ugh participation and discussion in traditional byable features (e.g. playing in teams, limited niliar to them. They consider specific features be modified to suit different environments,

tive through traditional Aboriginal and Torres ng for Country/Place provide insights into past ople. Students can experience and discuss the

I with participating in physical activities and how hey practise recognising their own emotions eelings. In group discussions, students practise ns. Students develop various strategies to

s community members, students may be Strait Islander cultural practices and nections to Country/Place.

	Unit 1 — Manipulating movement for safety		Unit 2 — Enjoying wellness	
	Assessment 1 — Moving safely	Timing	Assessment 3 — Active Under 8's	Timing
	Over a series of lessons, students apply fundamental movement skills in different movement situations (e.g. navigating differing levels, surfaces and terrains) in natural and outdoor settings. They describe how they stay safe in different movement situations. Technique: Performance	Term 1, Week 6–10	Students select a traditional Aboriginal and/or Torres Strait Islander game, they experienced in class, to include in their Under 8's day celebrations. They share their activity with the class, describing the factors (e.g. physical, social, emotional) and emotional responses (e.g. happiness, pride, surprise) that make the activity a suitable choice for the event, enhancing their own and others' wellbeing.	Term 1, Week 8–10
	Mode: Practical		Technique: Project	
	Conditions:		Mode: Spoken/signed	
Ħ	 observed by teacher during class time 		Conditions:	
mer			observed by the teacher during class time	
Assessment	Assessment 2 — Road safety	Timing	Assessment 4 — Plenty of 'Green'	Timing
4	Students respond to a range of road and transport scenarios applying protective behaviours and help- seeking strategies to keep themselves and others safe.	Term 2, Week 6–10	Students describe the purpose of categorising foods into coloured groups (e.g. red, amber, green) based on their nutritional value and explain how this promotes healthy eating choices.	Term 2, Week 6–10
	Technique: Performance		Technique: Investigation	
	Mode: Practical		Mode: Spoken/signed	
	Conditions:		Conditions:	
	observed by the teacher during class time		observed by the teacher during class time	
Achievement standard	By the end of Year 2, students explain how personal qualities contribute to identities. They describe how responses affect their own and others' feelings. They demonstrate skills and describe strategies require respectful relationships. <u>Students apply protective behaviours and help-seeking strategies to keep them</u> others safe. They explain why health information is important for making choices. Students apply funda movement skills in different movement situations and explain how they move with objects and in space effectively. They describe factors that make physical activity beneficial. Students develop and apply rule collaborating with others in a range of movement contexts.	ed to develop <mark>iselves and</mark> mental	By the end of Year 2, students explain how personal qualities contribute to identities. They describe how responses affect their own and others' feelings. They demonstrate skills and describe strategies required respectful relationships. Students apply protective behaviours and help-seeking strategies to keep thems others safe. They explain why health information is important for making choices. Students apply fundam movement skills in different movement situations and explain how they move with objects and in space effectively. They describe factors that make physical activity beneficial. Students develop and apply rules collaborating with others in a range of movement contexts.	l to develop selves and nental
Ę	Calibration:		Consensus:	
Moderation	Refer to QCAA moderation advice on the QCAA website under the Assessment tab in the subject.		Refer to QCAA moderation advice on the QCAA website under the Assessment tab in the learning area.	

Unit 3 — Our caring classroom community	Unit 4 — Play by the rules
Timing: Year 2	Timing: Year 2
Duration: 20 weeks	Duration: 20 weeks
n this unit, students investigate personal qualities that contribute to and influence identities. They explore other people's dentities and viewpoints and demonstrate practices for respectful interactions. When observing their peers demonstrate movement skills, students practise appreciating the efforts of others, making connections in compassion and empathy skills introduced in Unit 2 — Enjoying wellness.	In this unit, students build on ethical concepts and perspectives and pers band. They continue to practise respectful interactions in movement activ fair play and inclusion. By working collaboratively, they foster a supportiv behaviours and help seeking strategies in scenarios, keeping themselves
Students explore ethical concepts through characters in texts who demonstrate respect and cooperation, identifying the similarities and differences between values such as caring, compassion and empathy and how these traits contribute to building respectful relationships. Through roleplay scenarios, they practise social management skills, demonstrating appropriate verbal and non-verbal skills, e.g. active listening. Students identify their rights and responsibilities in the classroom (e.g. taking turns to share ideas, sharing classroom materials) and work together to create a list of classroom rules and discussing their importance.	Students explore stories and videos where people use protective behavior scenarios, they practise applying protective behaviours by giving or refus 'Yes' or 'No', while using non-verbal body cues and gestures. Students d exploring help-seeking strategies, e.g. buddy system, help-seeking chart and group decision-making skills, to identify when to seek help after prob themselves.
Students build on the fundamental movement skill of catching/capturing during active play and minor games (e.g. captain ball, balloon toss, blanket ball) persevering when challenging individual abilities. They develop personal and social skills, practising effective communication strategies to give constructive feedback, contributing to respectful interactions with their peers. Students identify how peer support and positive interactions foster a supportive environment and contribute to their peers.	Students work collaboratively when participating in physical activities (e.g. giving and denying consent (e.g. denying consent to request a change of an activity) and using conflict resolution strategies (e.g. negotiation and c interactions.
their positive self-esteem and identity. They identify the personality traits these movement experiences highlighted and think about how these factors shape their identity, e.g. being a team player, reinforcing their self-esteem and sense of belonging. Students identify their individual strengths, making connections to animal characteristics, e.g. hardworking like a bee, courageous like a lion. They describe how these strengths contribute to their identity by exploring how personal factors (e.g. family, culture, peers) influence their sense of self (e.g. parents that emphasise hard work) may influence determination and resilience.	Using the Australian Government Playing for Life and Sports Ability as te games, focusing on the fundamental movement skills kicking, striking, pri tools/aids. Using a range of equipment (e.g. footballs, soccer balls, ballou apply skills in various contexts such as, individually (e.g. target games ar circle drop punt kick), or as part of a team (e.g. small-sided soccer game others' rights to participate regardless of differences in abilities and their
Through rhythmic and expressive activities, students visually express their identity with movements that represent their personal qualities, e.g. strong powerful movements express confidence. They explore fundamental movement skills (e.g. leaping, hopping, skipping) and how they can be composed and performed in response to various stimuli, including equipment, beats and sounds. They enhance their expression by controlling different types of equipment (e.g. ribbons, scarves, hoops) and using various parts of their bodies, while also navigating space. To foster a positive and supportive	respectful way. They apply critical thinking skills to select a range of equi applying skills to games of increasing complexity. Students explore how the Paralympic Games celebrate inclusivity and ac They investigate the concept of inclusion by reflecting on games and acti made the activities inclusive. Students discuss actions they can take to s
environment, students participate in a kindness campaign where they observe classmates' performances, in small groups, writing appreciation sticky notes of their peer's creativity and effort celebrating each other's unique qualities and contribution.	others in different settings such as at home and in the community. They describe how to include others in games, during movement lessons changes to rules for a fair and more inclusive game. Students explore ho
Students identify behaviours that can cause hurt or harm, including verbal and physical bullying, through stories or videos showing differing individual perspectives and how they are expressed. They develop social awareness capabilities by identifying how they think each character feels and why. Students participate in roleplay activities to practise ways (e.g. negotiation and compromise) they can develop relationships with differing opinions and how personal qualities, such as empathy, lead to successful outcomes in resolving conflicts.	activity participation, contributing to keeping themselves and others healt about inclusion and fairness in sport, e.g. participation of players of varying

rsonal and social capabilities developed over the tivities and play, applying rules that contribute to tive environment to practise applying protective es and others safe.

viours e.g. consent. Through a range of roleplay using consent respectfully, replying assertively with develop social and emotional awareness by art, teacher assistance. They navigate individual oblems become too much to manage by

e.g. turn-taking, sharing equipment), practising of equipment, giving consent for a student to join I compromise) that contribute to respectful

teacher resources, students explore small group propelling, e.g. two hands, one hand, using oons, racquets, noodles, large soft balls) they and dribbling drills), in groups (e.g. pass and move, ne, rounders). Students review their right and ir responsibility to interact with others in a fair and uipment to match and/or challenge abilities, when

adapt rules to accommodate a range of abilities. ctivities that made them feel included and what show understanding and compassion towards

ns, by using creative thinking skills to co-construct now inclusion and fairness influence physical althy. They roleplay and discuss ethical decisions ying abilities in teams, winning at any cost.

	Unit 3 — Our caring classroom community		Unit 4 — Play by the rules
	Assessment 5 — Respectful expressions	Timing	Assessment 6 — Confident choices
	Part A: Students apply fundamental movement skills in a choreographed sequence of movements to express personal qualities. They explain how their movements communicate their identity. Technique: Performance	Term 2, Week 4–10	Students roleplay a range of scenarios applying consent protective be denying consent assertively, including non-verbal body cues and gest how to apply help-seeking strategies (e.g. buddy system, help-seeking themselves and others safe.
	Mode: Practical		Technique: Performance
	Conditions:		Mode: Practical
	administered over several lessons		Conditions:
ent	 spoken/signed, 1 minute (explanation) 		 observed by the teacher during class time
ssme	 prompts may also be provided to support student responses 		Assessment 7 — Play fair, play together
Assessment	 Part B: Students demonstrate skills and describe strategies required to develop respectful relationships when observing peer performances and/or responding to class activities. Technique: Performance Mode: Practical 		Over a series of lessons, students select a small group game. They we rule changes, for a more equitable and more inclusive version. Technique: Project Mode: Spoken/signed Conditions:
	Conditions:		administered over several lessons
	administered over several lessonsspoken/signed, 1 minute (group interview)		observed by the teacher during class time
	 prompts may also be provided to support student responses 		
Achievement standard	By the end of Year 2, students explain how personal qualities contribute to identities. They describe how responses affect their own and others' feelings. They demonstrate skills and describe strategies require respectful relationships. Students apply protective behaviours and help-seeking strategies to keep them others safe. They explain why health information is important for making choices. Students apply fundar movement skills in different movement situations and explain how they move with objects and in space effectively. They describe factors that make physical activity beneficial. Students develop and apply rule collaborating with others in a range of movement contexts.	d to develop iselves and mental	By the end of Year 2, students explain how personal qualities contribut responses affect their own and others' feelings. They demonstrate skil respectful relationships. <u>Students apply protective behaviours and help</u> <u>others safe</u> . They explain why health information is important for makin movement skills in different movement situations and explain how they effectively. They describe factors that make physical activity beneficial collaborating with others in a range of movement contexts.
Moderation	Consensus: Refer to QCAA moderation advice on the QCAA website under the Assessment tab in the subject.		Calibration: Refer to QCAA moderation advice on the QCAA website under the Ass

	Timing
behaviours, seeking, giving and stures. They make decisions about ng chart, teacher help) to keep	Term 1, Week 6–10
	Timing
work in groups to construct and trial	Term 2, Week 6–10
bute to identities. They describe how of kills and describe strategies required elp-seeking strategies to keep themse king choices. Students apply fundame ney move with objects and in space ial. Students develop and apply rules	to develop <mark>elves and</mark> ental
Assessment tab in the subject.	

Content descriptions	Units			Units Content descriptions			ts Content descriptions				its	
Personal, social and community health	1	2	3	4	Movement and physical activity	1	2	3	4			
Identities and change describe their personal qualities and those of others, and explain how they contribute to developing identities AC9HP2P01			Ø		Moving our bodies practise fundamental movement skills and apply them in a variety of movement situations AC9HP2M01			Ø				
Interacting with others identify and explore skills and strategies to develop respectful relationships AC9HP2P02			Ø		investigate different ways of moving their body, and manipulating objects and space, and draw conclusions about their effectiveness AC9HP2M02							
identify how different situations influence emotional responses AC9HP2P03		V			Making active choices participate in a range of physical activities in natural and outdoor settings, and investigate factors and settings that make physical activity enjoyable AC9HP2M03		V					
practise strategies they can use when they need to seek, give or deny permission respectfully AC9HP2P04				V	Learning through movement co-construct and apply rules to promote fair play in a range of physical activities AC9HP2M04				V			
Making healthy and safe choices identify and demonstrate protective behaviours and help-seeking strategies they can use to help them and others stay safe AC9HP2P05	V			V	apply strategies to work collaboratively when participating in physical activities AC9HP2M05				V			
investigate a range of health messages and practices in their community and discuss their purposes AC9HP2P06		Ø										

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

General capabilities	Units			
	1	2	3	4
Critical and creative thinking	V	V	V	V
Digital literacy				
Ethical understanding			V	V
Intercultural understanding				
Literacy			V	
Numeracy				
Personal and social capability	V	V	V	V

Cross-curriculum priorities

Aboriginal and Torres Strait Islander histories and cultures

Asia and Australia's engagement with Asia

Sustainability

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Units					
1	2	3	4		
	V				