# Learning area overview

Prep-Year 10 Australian Curriculum

# Health and Physical Education (HPE)

Australian Curriculum Version 8

The Australian Curriculum defines a solid foundation in knowledge, understanding, skills and values for all Australian students. This overview summarises key elements of this learning area.

Importance of a healthy school environment

Students can practice and reinforce their learning from HPE in a healthy and supportive school environment.

### Key ideas

#### **HPE** propositions

Focus on educative purposes

Take a strengths-based approach

Value movement

Develop health literacy

Include a critical inquiry approach

#### Focus areas

Twelve focus areas provide breadth of learning across P–10.

Alcohol and other drugs Games and sports (3–10) Safety Food and nutrition Relationships and sexuality Active play and minor games (P–6) Lifelong physical activities (3–10) Health benefits of physical activity Fundamental movement skills (P–6) Rhythmic and expressive activities Challenge and adventure activities (3–10) Mental health and wellbeing

## **Content descriptions**

Content descriptions describe what is to be taught and what students are expected to learn. Content descriptions are organised through strands and sub-strands.

| otrands | Personal, social and community health         | Movement and physical activity                | 3–4 |
|---------|---|---|-----|
|         | ing healthy, safe and active                  | Moving our body<br><br>Understanding movement | 5–6 |
| ls-dnc  | ontributing to healthy and active communities | Learning through movement                     |     |

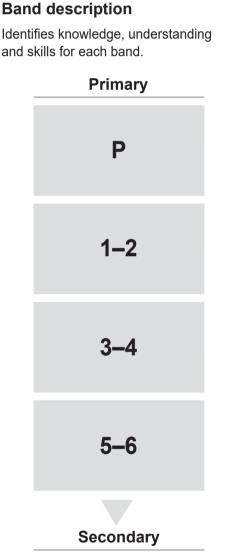
#### Rationale summary

HPE develops healthy and active citizens with critical inquiry skills to analyse and understand the influences on their own and others' health, safety, wellbeing, and physical activity participation.

#### Aims summary

HPE develops knowledge, understanding and skills for students to take positive action to protect, enhance and advocate for regular movement-based activity, personal identity and wellbeing, and respectful relationships.

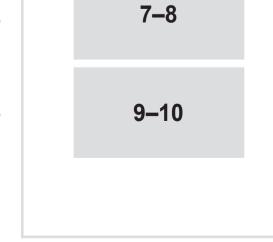
## **Banded curriculum**



#### **Achievement standards**

Achievement standards for each learning area or subject describe the learning expected of students at each year level or band of years. In HPE, the first paragraph of the achievement standard relates to understanding and the second paragraph relates to skills. This learning area provides an achievement standard for each band.

Find out more on the QCAA Australian Curriculum web page at https://www.qcaa.qld.edu.au/p-10/aciq



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