

# 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.

### Key ideas

#### HPE propositions

Focus on educative purposes

Take a strengths-based approach

Value movement

Develop health literacy

Include a critical inquiry approach

#### Importance of a healthy school environment

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

### 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.

Strands

#### Personal, social and community health

Being healthy, safe and active

Communicating and interacting for health and wellbeing

Contributing to healthy and active communities

#### Movement and physical activity

Moving our body

Understanding movement

Learning through movement

Sub-strands

### 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>

### 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

#### Band description

Identifies knowledge, understanding and skills for each band.

#### Primary

P

1–2

3–4

5–6

#### Secondary

7–8

9–10