Learning area overview
Prep–Year 10 Australian Curriculum

Health and Physical Education (HPE)
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

<table>
<thead>
<tr>
<th>HPE propositions</th>
<th>Importance of a healthy school environment</th>
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<tbody>
<tr>
<td>Focus on educative purposes</td>
<td>Students can practice and reinforce their learning from HPE in a healthy and supportive school environment.</td>
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<td>Take a strengths-based approach</td>
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<td>Value movement</td>
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<td>Develop health literacy</td>
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<td>Include a critical inquiry approach</td>
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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.

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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.

Focus areas:

1. Personal, social and community health
   - Being healthy, safe and active
   - Communicating and interacting for health and wellbeing
   - Contributing to healthy and active communities

2. Movement and physical activity
   - Moving our body
   - Understanding movement
   - Learning through movement

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

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