The physical and mental/emotional safety of students is central when planning assessment in the Health & Physical Education key learning area.

When planning assessment, teachers should consider safety aspects relating to:

* the physical environment, such as:
* the facilities available (e.g. are they safe for students?)
* the use of protective equipment (e.g. should goalposts have protective padding?)
* the surface on which the activity is to be conducted ( e.g. should this physical activity be done on grass or bitumen?)
* the temperature in which the students are learning (e.g. is it too hot at this time of the day for this activity?)
* clothing (e.g. are the students wearing appropriate clothing for this activity?)
* sun safety (e.g. what other location could be used if some students do not have hats?)
* access to first-aid resources (e.g. if an injury occurs, is first-aid support close by?)
* a student's medical condition in relation to the intended activities
* warm-up, stretching and cool-down exercises.

Warm-up, stretching and cool-down exercises are important components of any activity involving physical activity. Warm-up exercises are necessary to increase heart rate and to reduce the risk of tearing or straining muscles by increasing their suppleness. Stretching reduces muscle tension and the risk of muscle and tendon injuries. It also increases flexibility and allows freedom of movement during physical activity. Cool-down exercises help remove muscle waste products and reduce muscle soreness. (Sports Medicine Australia)

Teachers should also encourage students to be proactive in improving their safety and others' safety and in making the environment safer when required.