# Queensland Studies Authority logoHealth and Physical Education Years 1 – 10 Syllabus

# Nature of the Key Learning Area

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| The Health and Physical Education Key Learning Area reflects the dynamic and multi-dimensional nature of health and recognises the significance of physical activity in the lives of individuals and groups in contemporary Australian society. It provides a foundation for developing active and informed members of society, capable of managing the interactions between themselves and their social, cultural and physical environments in the pursuit of good health. | |
| The key messages of the syllabus The **sociocultural approach** highlights the multi-dimensional nature of health; the promotion of the health of individuals and communities through individual and collective action; and the influence of social, cultural, and physical environments on health, physical activity and personal development.  The **role of physical activity** is significant in the lives of individuals and groups in contemporary Australian society, and is an important medium for learning in the key learning area.  The **social justice principles** of diversity, equity and supportive environments should guide teacher practice and be used to develop student understanding of, and practices which promote, social justice.  A **learner-centred approach** to learning and teaching provides opportunities for students to practise solving problems, making decisions and taking action to promote health, physical activity and personal development. The Strands The key learning area offers students opportunities to develop knowledge processes, skills and attitudes necessary for making informed decisions about:   1. Promoting the health of individuals and communities 2. Developing concepts and skills for physical activity 3. Enhancing personal development.   **Promoting the health of individuals and communities** acknowledges that health has a number of dimensions - physical, social, emotional, mental and spiritual - and that health is maintained and enhanced by both individual action and the combined actions of community members.  This strand focuses on:   * acquiring information, developing skills and implementing strategies to promote personal, group and community health and safety; | * examining issues related to the selection and use of health products, services and information; * investigating how health is linked to individual behaviours and to the interaction between people and their social, cultural and physical environments.  Developing Concepts and Skills for Physical Activity highlights the acquisition of understandings about physical activities, and the motor skills required for participation in them. It focuses on:  * enhancing physical performance in games, sports and other physical activities through: * monitoring and evaluating movement sequences; * applying basic movement concepts; * improving strategic awareness in games, sports and other physical activities.   The strand examines a range of factors that influence attitudes towards, and participation in, physical activity. This strand also provides opportunities for participation in activities that develop understandings and skills in relation to health-related fitness. Enhancing Personal Development acknowledges that personal identity, relationships, and growth and development are key aspects of an individual’s development and that these influence health. It focuses on developing:  * personal and interpersonal skills needed to function in a range of groups and settings; * strategies to promote positive relationships; * knowledge and understandings necessary to enhance growth and development.   This strand also examines how a range of physical, social and cultural factors influences personal development. |