



Health & Physical Education (HPE)

Essential Learnings by the end of **Year 3**

Learning and assessment focus

Students use their enthusiasm for physical activity and curiosity about how the human body works, relationships and feelings to explore their health and wellbeing. They develop an understanding that health is influenced by simple everyday actions of people, and by environments. They see the place of health, physical activity and personal development in people's work and community lives.

Students use the essential processes of **Ways of working** to develop and demonstrate their **Knowledge and understanding**. They individually and collaboratively make decisions, apply skills and take action to promote their own and others' health and wellbeing, movement capacities and personal development. They reflect on their learning and on the importance of health and physical education in everyday situations.

Students use tools and technologies, including information and communication technologies (ICTs). They explore the use of ICTs to inquire, create and communicate within health and physical education contexts.

Students demonstrate evidence of their learning over time in relation to the following assessable elements:

- knowledge and understanding
- investigating
- planning
- implementing and applying
- reflecting.



Ways of working

Students are able to:

- pose questions and plan simple activities and investigations
- identify and collect information and evidence
- draw conclusions and make decisions
- propose and take action to promote health and wellbeing, movement capacities and personal development
- apply fundamental movement skills when participating in physical activities
- create and sequence simple movement patterns in response to stimuli
- apply personal development skills when interacting with others
- follow guidelines to apply safe practices
- reflect on and identify how behaviours, skills and actions influence health and wellbeing, movement capacities and personal development.
- reflect on learning to identify new understandings.

Knowledge and understanding

Health

Health is multidimensional and influenced by everyday actions and environments.

- The dimensions of health include physical (relating to the body), social (relating to relationships) and emotional (relating to feelings)
e.g. working cooperatively with peers in active recreational pursuits can improve relationships and physical health and make people feel contented.
- Health behaviours and choices are influenced by personal factors, people and environments
e.g. personal likes and dislikes, and family, influence what people eat and when; community facilities and geographic location influence the types of activities that people participate in.
- Individual behaviour and actions, including adopting safe strategies at home, on and near roads, near water, and in relation to the sun, can promote health and wellbeing and safety
e.g. wearing a helmet when cycling and crossing the road sensibly; using protective actions such as “no, go, tell” in situations that don’t feel right; wearing a hat and sunscreen when outdoors are SunSmart strategies; always swimming with a buddy.
- A selection of foods from the five food groups is necessary to support growth, energy needs, physical activity and health and wellbeing
e.g. eating a variety of fresh foods every day, as suggested in the Australian Guide to Healthy Eating, can promote healthy teeth and bone growth, and boost energy.

Physical activity

Fundamental movement skills are foundations of physical activity.

- Development of body and spatial awareness improves movement and confidence in a variety of physical activities
e.g. using simple movements to “make a triangle” or “crouch low and then spin to the sky” involves knowing how, where and at what level and which body parts to move.
- Development of locomotor and non-locomotor movements and manipulative skills can improve the quality of physical performance and support participation in physical activities
e.g. experiencing movement and manipulative skills such as twisting and turning, throwing a bean bag up and catching it, kicking a ball at a target or striking a balloon to keep it afloat, enables movement from place to place, and makes activity fun.
- Regular participation in physical activity develops movement capacity and promotes health and wellbeing
e.g. playing games every day helps develop movement skills for an active life, have fun with peers and develop confidence.

Personal development

Personal identity, self-management and relationships develop through interactions in family and social contexts and shape personal development.

- Identity is shaped by personal characteristics and experiences
e.g. gaining satisfaction from completing a task; having a sense of belonging from being a part of a group or team.
- Establishing and maintaining relationships involves effective communication, being considerate of others and respecting differences
e.g. listening, sharing and showing concern, being kind and patient, and respecting rules, customs and traditions, help people to get along with peers.
- Everyday experiences and relationships give rise to different emotions in self and others
e.g. having friends can foster happiness; feeling left out can cause sadness.