

**Health and Physical Education: Sequence of content F-10** *Strand: Personal, social and community health*

Sub-strand	Foundation	1-2	3-4	5-6	7-8	9-10
<b>Being healthy, safe and active sub-strand</b>						
<b>Identities</b>	Identify personal strengths (ACPPS001)	Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities (ACPPS015)	Explore how success, challenge and failure strengthen identities (ACPPS033)	Examine how identities are influenced by people and places (ACPPS051)	Investigate the impact of transition and change on identities (ACPPS070)	Evaluate factors that shape identities and critically analyse how individuals impact the identities of others (ACPPS089)
<b>Changes and transitions</b>	Name parts of the body and describe how their body is growing and changing (ACPPS002)	Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these (ACPPS016)	Explore strategies to manage physical, social and emotional change (ACPPS034)	Investigate resources and strategies to manage changes and transitions associated with puberty (ACPPS052)	Evaluate strategies to manage personal, physical and social changes that occur as they grow older (ACPPS071)	Examine the impact of changes and transitions on relationships (ACPPS090)
<b>Help-seeking</b>	Identify people and demonstrate protective behaviours and other actions that help keep themselves safe and healthy (ACPPS003)	Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation (ACPPS017)	Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (ACPPS035)	Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053)	Practise and apply strategies to seek help for themselves or others (ACPPS072)	Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at short or long term risk (ACPPS091)
<b>Making healthy and safe choices</b>		Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018)	Identify and practise strategies to promote health, safety and wellbeing (ACPPS036)	Plan and practise strategies to promote health, safety and wellbeing (ACPPS054)	Investigate and select strategies to promote health, safety and wellbeing (ACPPS073)	Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices (ACPPS092)

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<b>Communicating and interacting for health and wellbeing sub-strand</b>						
<b>Interacting with others</b>	Practise personal and social skills to interact positively with others (ACPPS004)	Describe ways to include others to make them feel they belong (ACPPS019)	Describe how respect, empathy and valuing diversity can positively influence relationships (ACPPS037)	Practise skills to establish and manage relationships (ACPPS055)	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074)	Investigate how empathy and ethical decision making contribute to respectful relationships (ACPPS093)
<b>Understanding emotions</b>	Identify and describe emotional responses people may experience in different situations (ACPPS005)	Identify and practise emotional responses that account for own and others' feelings (ACPPS020)	Investigate how emotional responses vary in depth and strength (ACPPS038)	Examine the influence of emotional responses on behaviour and relationships (ACPPS056)	Analyse factors that influence emotions , and develop strategies to demonstrate empathy and sensitivity (ACPPS075)	Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses (ACPPS094)
<b>Health literacy</b>		Examine health messages and how they relate to health decisions and behaviours (ACPPS021)	Discuss and interpret health information and messages in the media and internet (ACPPS039)	Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours (ACPPS057)	Evaluate health information and communicate their own and others' health concerns (ACPPS076)	Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095)

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<b>Contributing to healthy and active communities sub-strand</b>						
<b>Community health promotion</b>	Identify actions that promote health, safety and wellbeing (ACPPS006)	Explore actions that help make the classroom a healthy, safe and active place (ACPPS022)	Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040)	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)	Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities (ACPPS077)	Plan, implement and critique strategies to enhance health, safety and wellbeing of their communities (ACPPS096)
<b>Connecting to the environment</b>	Participate in play that promotes engagement with outdoor settings and the natural environment (ACPPS007)	Identify and explore natural and built environments in the local community where physical activity can take place (ACPPS023)	Participate in outdoor games and activities to examine how participation promotes a connection between the community, natural and built environments, and health and wellbeing (ACPPS041)	Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments (ACPPS059)	Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (ACPPS078)	Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments (ACPPS097)
<b>Valuing diversity</b>		Recognise similarities and differences in individuals and groups, and explore how these are celebrated and respected (ACPPS024)	Research own heritage and cultural identities, and explore strategies to respect and value diversity (ACPPS042)	Identify how valuing diversity positively influences the wellbeing of the community (ACPPS060)	Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity (ACPPS079)	Critique behaviours and contextual factors that influence health and wellbeing of diverse communities (ACPPS098)

**Health and Physical Education: Sequence of content F-10** *Strand: Movement and physical activity*

Sub-strand	Foundation	1-2	3-4	5-6	7-8	9-10
<b>Moving our body sub-strand</b>						
<b>Refining movement skills</b>	Practise fundamental movement skills and movement sequences using different body parts (ACPMP008)	Perform fundamental movement skills in a variety of movement sequences and situations (ACPMP025)	Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)	Practise specialised movement skills and apply them in a variety of movement sequences and situations (ACPMP061)	Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations (ACPMP080)	Provide and apply feedback to develop and refine specialised movement skills in a range of challenging movement situations (ACPMP099)
<b>Developing movement concepts and strategies</b>	Participate in games with and without equipment (ACPMP009)	Create and participate in games with and without equipment (ACPMP027)	Practise and apply movement concepts and strategies with and without equipment (ACPMP045)	Propose and apply movement concepts and strategies with and without equipment (ACPMP063)	Practise, apply and transfer movement concepts and strategies with and without equipment (ACPMP082)	Develop, implement and evaluate movement concepts and strategies for successful outcomes with and without equipment (ACPMP101)
<b>Understanding movement sub strand</b>						
<b>Fitness and physical activity</b>	Explore how regular physical activity keeps individuals healthy and well (ACPMP010)	Discuss the body's reactions to participating in physical activities (ACPMP028)	Examine the benefits of physical activity to health and wellbeing (ACPMP046)	Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing (ACPMP064)	Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (ACPMP083)	Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (ACPMP102)
<b>Elements of movement</b>	Identify and describe how their body moves in relation to effort, space, time, objects and people (ACPMP011)	Incorporate elements of effort, space, time, objects and people in performing simple movement sequences (ACPMP029)	Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047)	Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences (ACPMP065)	Demonstrate and explain how the elements of effort, space, time, objects and people can enhance movement sequences (ACPMP084)	Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (ACPMP103)
<b>Cultural significance of physical activity</b>			Participate in physical activities from their own and other cultures (ACPMP108)	Participate in physical activities from their own and others' cultures, and examine how involvement creates community connections and intercultural understanding (ACPMP066)	Participate in and investigate cultural and historical significance of a range of physical activities (ACPMP085)	Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (ACPMP104)

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<b>Learning through movement sub-strand</b>						
<b>Teamwork and leadership</b>	Cooperate with others when participating in physical activities (ACPMP012)	Use strategies to work in group situations when participating in physical activities (ACPMP030)	Adopt inclusive practices when participating in physical activities (ACPMP048)	Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities (ACPMP067)	Practise and apply personal and social skills when undertaking a range of roles in physical activities (ACPMP086)	Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (ACPMP105)
<b>Critical and creative thinking in movement</b>	Test possible solutions to movement challenges through trial and error (ACPMP013)	Propose a range of alternatives and test their effectiveness when solving movement challenges (ACPMP031)	Apply innovative and creative thinking in solving movement challenges (ACPMP049)	Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges (ACPMP068)	Evaluate and justify reasons for decisions and choices of action when solving movement challenges (ACPMP087)	Transfer understanding from previous movement experiences to create solutions to movement challenges (ACPMP106)
<b>Ethical behaviour in movement settings</b>	Follow rules when participating in physical activities (ACPMP014)	Identify rules and fair play when participating in physical activities (ACPMP032)	Apply basic rules and scoring systems, and demonstrate fair play when participating in physical activities (ACPMP050)	Demonstrate ethical behaviour and fair play that aligns with rules when participating in a range of physical activities (ACPMP069)	Modify rules and scoring systems to allow for fair play, safety and inclusive participation (ACPMP088)	Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (ACPMP107)