

# Outdoor learning: Health and Physical Education

## Health and Physical Education

Outdoor learning provides opportunities to learn about interacting with others, connecting to the environment, teamwork and leadership. The outdoors provides a valid and important environment for developing movement competence, promoting a sense of wellbeing, enhancing personal and social skills, and developing an understanding of the concept of risk versus challenge. Outdoor recreation is typically associated with physical activity in outdoor, natural or semi-natural settings. These activities provide opportunities to connect individually, in small groups or as a community to the outdoor environment, contribute to health and wellbeing through direct personal experiences and promote lifelong physical activity.

Depending on how outdoor learning is planned and delivered, there is scope to link to focus areas such as: challenge and adventure activities, safety, health benefits of physical activity, food and nutrition, mental health and wellbeing, and lifelong physical activities.

## Skills and knowledge

### Health and Physical Education - Years 3 and 4

Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (ACPPS035)

Describe how respect, empathy and valuing diversity can positively influence relationships (ACPPS037)

Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS40)

Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043)

Practise and apply movement concepts and strategies (ACPMP045)

Adopt inclusive practices when participating in physical activities (ACPMP048)

Apply innovative and creative thinking in solving movement challenges (ACPMP049)

## Health and wellbeing

### Health and Physical Education - Years 3 and 4

Explore how success, challenge and failure strengthen identities (ACPPS033)

Investigate how emotional responses vary in depth and strength (ACPPS038)

Describe strategies to make the classroom and playground healthy, safe and active spaces (ACPPS040)

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)