

# 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 7 and 8

Practise and apply strategies to seek help for themselves or others (ACPPS072)

Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074)

Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity (ACPPS079)

Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations (ACPMP080)

Practise, apply and transfer movement concepts and strategies with and without equipment (ACPMP082)

Practise and apply personal and social skills when undertaking a range of roles in physical activities (ACPMP086)

Evaluate and justify reasons for decisions and choices of action when solving movement challenges (ACPMP087)

## Health and wellbeing

### Health and Physical Education - Years 7 and 8

Investigate the impact of transition and change on identities (ACPPS070)

Analyse factors that influence emotions and develop strategies to demonstrate empathy and sensitivity (ACPPS075)

Plan and implement strategies for connecting to natural and built environments to promote health and wellbeing of their communities (ACPPS078)

Participate in physical activities that develop health-related and skill-related fitness components and create and monitor personal fitness plans (ACPMP083)

Participate in and investigate the cultural and historical significance of a range of physical activities (ACPMP085)