

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 9 and 10

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)

Investigate how empathy and ethical decision making contribute to respectful relationships (ACPPS093)

Critique behaviours and contextual factors that influence the health and wellbeing of diverse communities (ACPPS098)

Provide and apply feedback to develop and refine specialised movement skills in a range of challenging movement situations (ACPMP099)

Develop, implement and evaluate movement concepts and strategies for successful outcomes with and without equipment (ACPMP101)

Devise, implement and refine strategies when working in groups or teams that demonstrate leadership and collaboration skills (ACPMP105)

Transfer understanding from previous movement experiences to create solutions to movement challenges (ACPMP106)

Health and wellbeing

Health and Physical Education - Years 9 and 10

Evaluate factors that shape identities and critically analyse how individuals impact on the identities of others (ACPPS089)

Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses (ACPPS094)

Plan and evaluate new and creative interventions that promote their own and others' connection to community, natural and built environments (ACPPS097)

Design, implement and evaluate personalised plans for improving or maintaining own and others' physical activity and fitness levels (ACPMP102)

Examine the role physical activity, outdoor recreation and sport plays in the lives of Australians and investigate how this has changed over time (ACPMP104)