

# Respect matters: Health and Physical Education

## Health and Physical Education

Through the Health and Physical Education curriculum, students develop the ability to access, evaluate and synthesise information and take positive action to protect, enhance and advocate for their own and others' health, wellbeing, and safety. They develop and use personal, behavioural, social and cognitive skills and strategies to promote a sense of personal identity and wellbeing. This supports students to build and manage respectful relationships. The HPE curriculum supports critical inquiry where students analyse the factors that influence decision-making, behaviours and actions and explore inclusiveness, power inequalities, assumptions and social justice. The strength-based approach to learning also recognises that all students and their communities have varying levels of access to personal and community resources depending on a variety of contextual factors that can influence their relationship decisions and behaviours.

There is scope to link learning about respect and relationships to the HPE focus areas including mental health and wellbeing (resilience, coping skills, help-seeking strategies), relationships and sexuality (bullying, harassment, power, discrimination, violence and assertiveness - offline and online) and safety (risk assessment, safe decision making, personal safety at home, school, parties, in relationships and in the community).

A healthy and supportive school environment is enriched through health promoting school policies and processes including partnerships with parents, community organisations and specialised services.

## Understanding respect

### Health and Physical Education - Years 1 and 2

Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities - ACPPS015

Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these - ACPPS016

Recognise similarities and differences in individuals and groups, and explore how these are celebrated and respected - ACPPS024

## Relationship skills

### Health and Physical Education - Years 1 and 2

Describe ways to include others to make them feel they belong - ACPPS019

Use strategies to work in group situations when participating in physical activities - ACPMP030

Identify rules and fair play when participating in physical activities - ACPMP032

## Evaluating options

### Health and Physical Education - Years 1 and 2

Recognise situations and opportunities to promote health, safety and wellbeing - ACPPS018

Explore actions that help make the classroom a healthy, safe and active place - ACPPS022

## Respectful action

### Health and Physical Education - Years 1 and 2

Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation - ACPPS017

Identify and practise emotional responses that account for own and others' feelings - ACPPS020