



Health and Physical Education

Curriculum Content

The key learning area of Health and Physical Education draws from the dynamic and multi-dimensional nature of health and the significance of physical activity in the lives of individuals and groups in our society. It promotes an understanding of the importance of personal and community actions in promoting health and lifelong participation in physical activity, and of the crucial role that supportive physical and social environments play in the development of the health of individuals and communities.

This key learning area helps our students learn about factors, including nutrition that promote and protect the physical, social and emotional health of individuals, families and communities. They learn to identify the harms associated with particular situations and behaviours, and how to take action to minimise these harms.

Our Physical Education curriculum focuses on physical activity in play, recreation, sport, fitness and outdoor environments, which provides challenge, personal growth and enjoyment. It promotes lifelong participation in physical activity through the development of movement competence.

Overall, our Health and Physical Education curriculum provides a foundation for developing active and informed members of society, capable of managing the interactions between themselves and their social, cultural, organisational, physical and natural environments in the pursuit of lifelong involvement in physical activity, health and well-being.

Affiliations

