

Foundation	Year 1-2	Year 3-4	Year 5-6	Year 7-8	Year 9-10
<b>Sub strand 1 – Being healthy, safe and active</b>					
Identify personal strengths	Describe their own strengths and achievements and those of others, and identify how these contribute to personal identities	Examine how success, challenge and failure strengthen personal identities	Explore personal and cultural identities and how they change and adapt to different contexts and situations	Investigate the impact of transition and change on identities	Evaluate factors that shape identities and analyse how individuals impact the identities of others
Name parts of the body and describe how their body is growing and changing	Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these	Explore strategies to manage physical, social and emotional change	Investigate resources and strategies to manage changes and transitions associated with puberty	Evaluate strategies to manage personal, physical and social changes that occur as they grow older	Examine the impact of changes and transitions on relationships
Identify people and demonstrate protective behaviours that help keep themselves safe and healthy	Practise strategies they can use when they need help with a task, problem or situation	Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe	Investigate community resources and strategies to seek help about health, safety and wellbeing	Practise and apply strategies to seek help for themselves or others	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 risk
	Recognise situations and opportunities to promote health, safety and wellbeing	Identify and practise strategies to promote health, safety and wellbeing	Plan and practise strategies to promote health, safety and wellbeing	Investigate and select strategies to promote health, safety and wellbeing	Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices
<b>Sub-strand 2: Communicating and interacting for health and wellbeing</b>					
Practise personal and social skills to interact with and include others	Describe ways to include others to make them feel that they belong	Describe how respect, empathy and valuing difference can positively influence relationships	Practise skills to establish and manage relationships	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing	Investigate how empathy and ethical decision making contribute to respectful relationships
Identify and describe emotional responses people may experience in different situations	Identify and practise emotional responses that account for own and others' feelings	Investigate how emotional responses vary in depth and strength	Examine the influence of emotional responses on behaviour and relationships	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity	Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses
	Examine health messages and how they relate to health decisions and behaviours	Discuss and interpret health information and messages in the media and on the Internet	Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours	Develop skills to evaluate health information and express health concerns	Evaluate and apply health information from a range of sources to health decisions and situations

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<b>Sub-strand 3: Contributing to healthy and active communities</b>					
Identify actions that promote health, safety and wellbeing	Explore actions that help make the classroom a healthy, safe and active place	Describe strategies to make the classroom and playground healthy, safe and active spaces	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities	Plan and use health practices, behaviours and resources to enhance the health, safety and wellbeing of their communities	Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities
Participate in play that promotes engagement with outdoor settings and the natural environment	Identify and explore natural and built environments in the local community where physical activity can take place	Participate in outdoor games and activities to examine how participation promotes a connection between the community, natural and built environments, and health and wellbeing	Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to the natural and built environment	Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities	Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments
	Recognise similarities and differences in individuals and groups, and explore how these are celebrated and respected	Research own heritage and cultural identities, and explore strategies to respect and value diversity	Investigate and reflect on how valuing diversity positively influences the wellbeing of the community	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity	Critique behaviours and contextual factors that influence the health and wellbeing of their communities
<b>Sub-strand 1: Moving our body</b>					
Practise fundamental movement skills and movement sequences using different body parts and in response to stimuli	Perform fundamental movement skills in different movement situations	Practise and refine fundamental movement skills in different movement situations	Practise specialised movement skills and apply them in different movement situations	Use feedback to improve body control and coordination when performing specialised movement skills situations	Perform and refine specialised movement skills in challenging movement situations
	Construct and perform imaginative and original movement sequences in response to stimuli	Perform movement sequences which link fundamental movement skills	Design and perform a variety of movement sequences	Compose and perform movement sequences for specific purposes in a variety of contexts	Evaluate own and others' movement compositions and provide and apply feedback in order to enhance performance situations
Participate in games with and without equipment	Create and participate in games	Practise and apply movement concepts and strategies	Propose and apply movement concepts and strategies	Practise, apply and transfer movement concepts and strategies	Develop, implement and evaluate movement concepts and strategies for successful outcomes

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<b>Sub-strand 2: Understanding movement</b>					
Explore how regular physical activity keeps individuals healthy and well	Discuss the body's reactions to participating in physical activities	Examine the benefits of physical activity and physical fitness to health and wellbeing	Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing	Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans	Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels
Identify and describe how their body moves in relation to effort, space, time, objects and people	Incorporate elements of effort, space, time, objects and people in performing simple movement sequences	Combine the elements of effort, space, time, objects and people when performing movement sequences	Manipulate and modify the elements of effort, space, time, objects and people to perform movement sequences	Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance	Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences
			Participate in physical activities from their own and other cultures and examine how involvement creates community connections and intercultural understanding	Participate in and investigate the cultural and historical significance of a range of physical activities	Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time
<b>Sub-strand 3: Learning through movement</b>					
Cooperate with others when participating in physical activities	Use strategies to work in group situations when participating in physical activities	Adopt inclusive practices when participating in physical activities	Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities	Practise and apply personal and social skills when undertaking a range of roles in physical activities	Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams
Test possible solutions to movement challenges through trial and error	Propose a range of alternatives and test their effectiveness when solving movement challenges	Apply innovative and creative thinking in solving movement challenges	Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges	Evaluate and justify reasons for decisions and choices of action when solving movement challenges	Transfer understanding from previous movement experiences to create solutions to movement challenges
Follow rules when participating in physical activities	Identify rules and play fairly when participating in physical activities	Apply basic rules and scoring systems, and demonstrate fair play when participating	Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities	Modify rules and scoring systems to allow for fair play, safety and inclusive participation	Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities