

(no-code)

practise in minor game and situations

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Elaborations

- applying different to move from one point to another
- combining fine and gross motor skills in increasingly complex patterns
- sending, ■controlling■and receiving objects at different levels and in different ways
- performing a range of water confidence skills such as floating with a buoyancy aid and putting their face in the water
- demonstrating how to transfer weight from one part of the body to■another
- applying for purpose and enjoyment in natural environments

Students learn to:

practise fundamental movement skills in minor game and play situations

(AC9HPFM01)

General capabilities and cross-curriculum priorities

This content description connects to the following general capabilities and cross-curriculum priorities.

Measurement and geometry

- Positioning and locating

Self-management

- Goal setting
- Perseverance and adaptability

Elaborations

Content elaborations provide suggestions of ways to teach the content description and connect it to general capabilities and cross-curriculum priorities. Content elaborations are optional .

Self-management

- Perseverance and adaptability

Self-management

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Self-management

- Perseverance and adaptability

Self-management

- Perseverance and adaptability

Related content

This content description can be taught with the following content descriptions from other learning areas.

Resources

Work Samples

WS03 - Rolling rally

Snapshot – Positioning and locating

Numeracy: Measurement and geometry: Positioning and locating

Content description

AC9HPFM01

Learning progression extract

The following learning progression extract shows the alignment of the learning progression with this content.

Position to self

- locates positions in the classroom relevant to self (e.g. hangs their hat on their own hook, puts

materials in their own tray; says "my bag is under my desk")

- orients self to other positions in the classroom (e.g. collects a box of scissors from the shelf at the back of the classroom)
- follows simple instructions using positional language (e.g. "please stand near the door", "you can sit on your chair", "put your pencil case in your bag", "crawl through the tunnel")

Position to other

- uses positional terms with reference to themselves (e.g. "sit next to me", "you stood in front of me", "this is my left hand")
- interprets a simple diagram or picture to describe the position of an object in relation to other objects (e.g. "the house is between the river and the school")
- gives and follows simple directions to move from one place to another using familiar reference points (e.g. "walk past the flagpole around the vegetable patch and you will find Mr Smith's classroom")

Snapshot – Goal setting

Personal and Social capability: Self-management: Goal setting

Content description

AC9HPFM01

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- learn a range of strategies to participate in class activities
- co-create goals to assist learning when working independently or collaboratively
- collaboratively develop goals to improve learning

Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM01

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- persevere when attempting to complete tasks
- demonstrate perseverance with familiar tasks when first attempts are unsuccessful, and adapt attempts as needed
- demonstrate perseverance and adaptability with unfamiliar tasks

Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM01

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- persevere when attempting to complete tasks
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- demonstrate perseverance and adaptability with unfamiliar tasks

Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM01

Continuum extract

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Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM01

Continuum extract

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Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM01

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Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM01

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Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

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Resource – Health and Physical Education focus areas

Health and Physical Education

Focus areas

The focus areas provide the breadth of learning across Foundation to Year 10 that students require to demonstrate the knowledge, understanding and skills described in the achievement standard for each band of learning.

Introduction

The content descriptions in the Australian Curriculum: Health and Physical Education must be taught through 12 focus areas:

- Alcohol and other drugs
- Food and nutrition
- Health benefits of physical activity

- Mental health and wellbeing
- Relationships and sexuality
- Safety
- Active play and minor games
- Challenges and adventure activities
- Fundamental movement skills
- Games and sports
- Lifelong physical activities
- Rhythmic and expressive activities

The focus areas provide the breadth of learning across Foundation to Year 10 that students require to demonstrate the knowledge, understanding and skills described in the achievement standard for each band of learning.

The band level descriptions provide guidance about how each focus area can be addressed in the band.

Content elaborations provide further detail about how and when elements of the focus areas can be addressed in bands of learning.

Decisions about the specific timing of individual aspects of each focus area being taught are the responsibility of schools and teachers. Planning decisions should consider local needs, available resources, students' readiness and community priorities.

Download

Resource – WS03 - Rolling rally

By the end of Foundation , students describe similarities and differences between themselves and others, and different emotions people experience. They demonstrate personal and social skills to interact respectfully with others. They identify and demonstrate protective behaviours and help-seeking strategies to keep themselves safe. Students identify how health information can be used in their lives. Students apply fundamental movement skills to manipulate objects and space in a range of movement situations. Students identify the benefits of being physically active and how rules make play fair and inclusive

AC9HPFP02

practise personal and social skills to interact respectfully with others

AC9HPFP03

express and describe emotions they experience

AC9HPFM01

practise fundamental movement skills in minor game and play situations

AC9HPFM02

experiment with different ways of moving their body safely and manipulating objects and space

AC9HPFM04

follow rules to promote fair play in a range of physical activities

AC9HPFM02

experiment with different ways of moving their body safely and manipulating objects and space

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Elaborations

- suggesting and testing different ways to move in a playing space or different ways to use equipment and objects, and making judgements about which are most effective and which movements and equipment they prefer
- persisting with challenges and demonstrating resilience while moving their body in a range of situations

- participating in games that require them to be aware of personal in relation to game boundaries, rules and safe use of equipment
- manipulating equipment in a range of different and tasks, including in , imaginative and when practising
- demonstrating spatial awareness when moving around and through indoor and outdoor (natural) environments confidently and safely

Students learn to:

experiment with different ways of moving their body safely and manipulating object

(AC9HPFM02)

General capabilities and cross-curriculum priorities

This content description connects to the following general capabilities and cross-curriculum priorities.

Analysing

- Evaluate actions and outcomes

Generating

- Consider alternatives

Self-awareness

- Reflective practice

Self-management

- Goal setting
- Perseverance and adaptability

Elaborations

Content elaborations provide suggestions of ways to teach the content description and connect it to general capabilities and cross-curriculum priorities. Content elaborations are optional .

Generating

- Consider alternatives
- Put ideas into action

Measurement and geometry

- Positioning and locating

Self-awareness

- Reflective practice

Self-management

- Perseverance and adaptability

Self-awareness

- Reflective practice

Generating

- Create possibilities

Self-awareness

- Reflective practice

Self-awareness

- Reflective practice

Related content

This content description can be taught with the following content descriptions from other learning areas.

AC9ADAFD01

AC9MFSP02

AC9SFU02

Resources

Work Samples

WS01 - Shadow game

WS03 - Rolling rally

Snapshot – Evaluate actions and outcomes

Critical and Creative Thinking: Analysing: Evaluate actions and outcomes

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- evaluate whether they are satisfied with the outcome of tasks or actions
- evaluate whether they have accomplished what they set out to achieve, including using a given set of criteria to support decisions

Snapshot – Consider alternatives

Critical and Creative Thinking: Generating: Consider alternatives

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- consider alternatives by suggesting a different way to approach a given task or problem
- consider alternatives and explore different or creative ways to approach a task or problem

Snapshot – Reflective practice

Personal and Social capability: Self-awareness: Reflective practice

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify how their choices can impact their participation in or completion of a task
- identify how their choices affect the development of personal abilities and achievements
- describe what they have discovered about themselves by engaging with feedback

Snapshot – Goal setting

Personal and Social capability: Self-management: Goal setting

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- learn a range of strategies to participate in class activities
- co-create goals to assist learning when working independently or collaboratively
- collaboratively develop goals to improve learning

Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- persevere when attempting to complete tasks
- demonstrate perseverance with familiar tasks when first attempts are unsuccessful, and adapt attempts as needed
- demonstrate perseverance and adaptability with unfamiliar tasks

Snapshot – Consider alternatives

Critical and Creative Thinking: Generating: Consider alternatives

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- consider alternatives by suggesting a different way to approach a given task or problem
- consider alternatives and explore different or creative ways to approach a task or problem

Snapshot – Put ideas into action

Critical and Creative Thinking: Generating: Put ideas into action

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- put ideas into action through trial-and-error experiences
- put ideas into action by experimenting with options and predicting possible results

Snapshot – Positioning and locating

Numeracy: Measurement and geometry: Positioning and locating

Content description

AC9HPFM02

Learning progression extract

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Position to self

- locates positions in the classroom relevant to self (e.g. hangs their hat on their own hook, puts materials in their own tray; says "my bag is under my desk")
- orients self to other positions in the classroom (e.g. collects a box of scissors from the shelf at the back of the classroom)
- follows simple instructions using positional language (e.g. "please stand near the door", "you can sit on your chair", "put your pencil case in your bag", "crawl through the tunnel")

Position to other

- uses positional terms with reference to themselves (e.g. "sit next to me", "you stood in front of me", "this is my left hand")
- interprets a simple diagram or picture to describe the position of an object in relation to other objects (e.g. "the house is between the river and the school")
- gives and follows simple directions to move from one place to another using familiar reference points (e.g. "walk past the flagpole around the vegetable patch and you will find Mr Smith's classroom")

Snapshot – Reflective practice

Personal and Social capability: Self-awareness: Reflective practice

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify how their choices can impact their participation in or completion of a task
- identify how their choices affect the development of personal abilities and achievements
- describe what they have discovered about themselves by engaging with feedback

Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- persevere when attempting to complete tasks
- demonstrate perseverance with familiar tasks when first attempts are unsuccessful, and adapt attempts as needed
- demonstrate perseverance and adaptability with unfamiliar tasks

Snapshot – Reflective practice

Personal and Social capability: Self-awareness: Reflective practice

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify how their choices can impact their participation in or completion of a task
- identify how their choices affect the development of personal abilities and achievements
- describe what they have discovered about themselves by engaging with feedback

Snapshot – Create possibilities

Critical and Creative Thinking: Generating: Create possibilities

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- use imagination to create possibilities by exploring and connecting ideas in ways that are new to them
- create possibilities by connecting or creatively expanding on ideas in ways that are new to them

Snapshot – Reflective practice

Personal and Social capability: Self-awareness: Reflective practice

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify how their choices can impact their participation in or completion of a task
- identify how their choices affect the development of personal abilities and achievements
- describe what they have discovered about themselves by engaging with feedback

Snapshot – Reflective practice

Personal and Social capability: Self-awareness: Reflective practice

Content description

AC9HPFM02

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify how their choices can impact their participation in or completion of a task
- identify how their choices affect the development of personal abilities and achievements
- describe what they have discovered about themselves by engaging with feedback

Resource – WS01 - Shadow game

By the end of Foundation, students describe similarities and differences between themselves and others, and different emotions people experience. They demonstrate personal and social skills to interact respectfully with others. They identify and demonstrate protective behaviours and help-seeking strategies to keep themselves safe. Students identify how health information can be used in their lives. Students apply fundamental movement skills to manipulate objects and space in a range of movement situations. Students identify the benefits of being physically active and how rules make play fair and inclusive.

AC9HPFM02

experiment with different ways of moving their body safely and manipulating objects and space

AC9HPFM03

participate in a range of activities in natural and outdoor settings and explore the benefits of being physically active

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Elaborations

- exploring a range of ways to be active and participate safely in outdoor or natural settings
- playing traditional First Nations Australian games and discussing how they are like other games they have experienced

- discussing opportunities to be active in spaces in and around their homes
- exploring strategies for taking considered risks and developing self-regulation skills when moving and playing in outdoor settings

Students learn to:

participate in a range of activities in natural and outdoor settings and explore the benefits of being physically active

(AC9HPFM03)

General capabilities and cross-curriculum priorities

This content description connects to the following general capabilities and cross-curriculum priorities.

Self-management

- Goal setting

Elaborations

Content elaborations provide suggestions of ways to teach the content description and connect it to general capabilities and cross-curriculum priorities. Content elaborations are optional .

Inquiring

- Identify, process and evaluate information

Culture

- First Nations Australians' ways of life reflect unique ways of being, knowing, thinking and doing.

Self-management

- Perseverance and adaptability

Social management

- Decision-making
- Conflict resolution

Related content

This content description can be taught with the following content descriptions from other learning areas.

AC9HSFK03

Resources

Snapshot – Goal setting

Personal and Social capability: Self-management: Goal setting

Content description

AC9HPFM03

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- learn a range of strategies to participate in class activities
- co-create goals to assist learning when working independently or collaboratively
- collaboratively develop goals to improve learning

Snapshot – Identify, process and evaluate information

Critical and Creative Thinking: Inquiring: Identify, process and evaluate information

Content description

AC9HPFM03

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify and explore relevant points in information provided on a topic
- prioritise the information that is most relevant to the topic of study
- identify and explore relevant information from a range of sources, including visual information and digital sources
- identify and explain similarities and differences in selected information

Snapshot – Perseverance and adaptability

Personal and Social capability: Self-management: Perseverance and adaptability

Content description

AC9HPFM03

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- persevere when attempting to complete tasks
- demonstrate perseverance with familiar tasks when first attempts are unsuccessful, and adapt attempts as needed
- demonstrate perseverance and adaptability with unfamiliar tasks

Snapshot – Decision-making

Personal and Social capability: Social management: Decision-making

Content description

AC9HPFM03

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- make choices that address their needs and wants
- identify choices that meet the needs of themselves and others when making decisions
- practise individual and group decision-making

Snapshot – Conflict resolution

Personal and Social capability: Social management: Conflict resolution

Content description

AC9HPFM03

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- demonstrate understanding that others have feelings when conflict occurs
- listen to conflicting perspectives and apply strategies to calm situations
- practise solving simple interpersonal problems, acknowledging there are many ways to prevent and solve conflict

AC9HPFM04

follow rules to promote in a range of physical activities

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Elaborations

- identifying and describing actions that would constitute fair and unfair while participating in
- demonstrating how to fairly in a range of and situations
- discussing rules of different games that relate to , boundaries and appropriate use of equipment

Students learn to:

follow rules to promote fair play in a range of physical activities

(AC9HPFM04)

General capabilities and cross-curriculum priorities

This content description connects to the following general capabilities and cross-curriculum priorities.

Understanding ethical concepts and perspectives

- Explore ethical concepts

Self-management

- Goal setting

Social management

- Leadership
- Decision-making

Elaborations

Content elaborations provide suggestions of ways to teach the content description and connect it to general capabilities and cross-curriculum priorities. Content elaborations are optional .

Understanding ethical concepts and perspectives

- Explore ethical concepts

Social management

- Decision-making

Understanding ethical concepts and perspectives

- Explore ethical concepts

Social management

- Decision-making

Social management

- Decision-making

Resources

Work Samples

WS03 - Rolling rally

Snapshot – Explore ethical concepts

Ethical Understanding: Understanding ethical concepts and perspectives: Explor

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify examples of ethical concepts such as right and wrong
- identify ethical concepts, such as honesty and fairness, and describe actions and behaviours associated with these

Snapshot – Goal setting

Personal and Social capability: Self-management: Goal setting

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- learn a range of strategies to participate in class activities
- co-create goals to assist learning when working independently or collaboratively
- collaboratively develop goals to improve learning

Snapshot – Leadership

Personal and Social capability: Social management: Leadership

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- show an awareness of personal responsibility
- practise self-leadership by taking responsibility for their own actions
- practise ways that they can lead self and others, and describe when it is appropriate to adopt a leadership approach

Snapshot – Decision-making

Personal and Social capability: Social management: Decision-making

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- make choices that address their needs and wants
- identify choices that meet the needs of themselves and others when making decisions
- practise individual and group decision-making

Snapshot – Explore ethical concepts

Ethical Understanding: Understanding ethical concepts and perspectives: Explor

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify examples of ethical concepts such as right and wrong
- identify ethical concepts, such as honesty and fairness, and describe actions and behaviours associated with these

Snapshot – Decision-making

Personal and Social capability: Social management: Decision-making

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- make choices that address their needs and wants
- identify choices that meet the needs of themselves and others when making decisions
- practise individual and group decision-making

Snapshot – Explore ethical concepts

Ethical Understanding: Understanding ethical concepts and perspectives: Explore

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- identify examples of ethical concepts such as right and wrong
- identify ethical concepts, such as honesty and fairness, and describe actions and behaviours associated with these

Snapshot – Decision-making

Personal and Social capability: Social management: Decision-making

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- make choices that address their needs and wants
- identify choices that meet the needs of themselves and others when making decisions
- practise individual and group decision-making

Snapshot – Decision-making

Personal and Social capability: Social management: Decision-making

Content description

AC9HPFM04

Continuum extract

The following continuum extract shows the alignment of the continuum with this content.

- make choices that address their needs and wants
- identify choices that meet the needs of themselves and others when making decisions
- practise individual and group decision-making