

Conceptual understandings

Health and Physical Education (HPE) Reception to year 10

Version 1.0



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Terminology

The South Australian Department for Education uses the term ‘Aboriginal’ to refer to people who identify as Aboriginal, Torres Strait Islander, or both Aboriginal and Torres Strait Islander. This term is preferred by Aboriginal South Australians and the department.

Knowledge

	Reception	Years 1 to 2	Years 3 to 4	Years 5 to 6	Years 7 to 8	Years 9 to 10
Identities, change and relationships	Knowing and respecting ourselves helps us understand who we are, and how we grow and change. Showing respect and sharing our feelings builds safe and healthy relationships.	Knowing and respecting our own and others' qualities, and understanding how we grow and change, strengthens our sense of identity. Interacting respectfully and understanding emotions builds and maintains safe and healthy relationships.	Our identities, resilience and wellbeing are strengthened when we navigate change and seek support. Interacting respectfully and reflecting on emotional responses strengthens safe and healthy relationships, both online and offline. Recognising stereotypes and valuing diversity influences inclusion, safety and the wellbeing of self and others.	Our identities and responses to change are enhanced by recognising influences, accessing support and using reliable resources. Behaving respectfully and regulating emotional responses helps us maintain safe and healthy relationships, both online and offline. Understanding stereotypes and valuing diversity influences inclusive, safe and respectful relationships and communities.	Our identities and strategies for change are enhanced by recognising the impact of influences, accessing support and using credible resources. Behaving respectfully, regulating emotional responses and understanding how these affect relationships helps us develop safe and healthy relationships, both online and offline. Understanding stereotypes and valuing diversity influences inclusive, safe and respectful relationships and communities.	Evaluating influences and resources and accessing support strengthens our identities and ability to refine strategies for change. Behaving respectfully, regulating emotional responses and supporting others to demonstrate respectful behaviours contributes to safe and positive online and offline communities. Promoting positive attitudes and beliefs about gender equality, respect and diversity contributes to the development of inclusive, equitable and safe relationships and communities.

	Reception	Years 1 to 2	Years 3 to 4	Years 5 to 6	Years 7 to 8	Years 9 to 10
Influences, decisions and actions	Understanding health messages informs our behaviours and helps us to stay safe and healthy. Knowing the benefits of physical activity and experiencing joy and success while participating in physical activity, motivates us to be active.	Exploring health messages supports our behaviours and helps us make choices that keep ourselves and others safe and healthy. Noticing how physical activity benefits wellbeing and experiencing joy and success while participating in physical activity, motivates us to be active.	Our behaviours and the choices we make in online and offline environments contribute to the health, safety and wellbeing of ourselves and others. Using and understanding health information helps us to make informed choices and set goals that support our health, safety and wellbeing. Engaging in regular physical activities and recognising that joy and success influences participation in physical activities supports the health and wellbeing of ourselves and others.	Our behaviours and the choices we make in online and offline environments influence the health, safety and wellbeing of ourselves and others. Investigating health information helps us to make informed decisions and set goals that support our own and others' health, safety and wellbeing. Valuing participation and experiencing joy and success in a variety of physical activities supports the health and wellbeing of ourselves and others.	Our behaviour, responses and support strategies in online and offline environments influence the health, safety and wellbeing of ourselves and others. Analysing the impact of health information and influences on attitudes and behaviours helps us make informed decisions and set goals that enhance the health, safety, relationships and wellbeing of ourselves and others. Valuing physical activity and experiencing the joy and success it brings supports regular participation in physical activity in our own and others' lives, enhancing personal and community wellbeing.	Our attitudes, values and behaviours in online and offline environments influence our strategies to manage risks to health, safety and wellbeing. Critically evaluating health information and media influences helps us plan and justify strategies that promote the health, safety and wellbeing of self, others and the community. Advocating for, actively participating in, and promoting the joy of movement encourages regular physical activity for ourselves and others, strengthening lifelong personal health and community wellbeing.

	Reception	Years 1 to 2	Years 3 to 4	Years 5 to 6	Years 7 to 8	Years 9 to 10
Play and movement	Exploration and participation in play and games builds confidence in physical activity. Play enhances problem solving and creativity. Fair play promotes inclusion and safety and enhances the enjoyment of play and movement experiences.	Applying fundamental movement skills in play and games strengthens the confidence to participate in physical activities. Play and modified games enhance problem solving and creativity. Fair play and collaboration promote inclusion and safety and enhance the enjoyment of play and movement experiences.	Refining fundamental movement skills and applying concepts and strategies in play and modified games enhances the confidence to participate in physical activities. Playing small-sided and minor games encourages problem solving, creativity and critical thinking. Fair play, collaboration, inclusion and safe participation enhances the social enjoyment in play and movement experiences.	The development of movement competence in a variety of play and movement experiences enhances the confidence to participate in physical activities. Responding to movement situations using familiar ideas to improve outcomes enhances problem solving, creativity and critical thinking. Fair play, inclusion and contributing to teams enhances safety, social connection and enjoyment in play and movement experiences.	Movement competence in increasingly complex gameplay and movement experiences enhances confidence in physical activities. Improving outcomes of increasingly complex gameplay and movement situations enhances problem solving, creativity and critical thinking. Fair play, inclusion and collaboration in teams enhances safety, social connection and enjoyment in play and movement experiences.	Movement competence in new and challenging gameplay and movement experiences enhances confidence in physical activities, leading to lifelong participation. Responding to challenging and unfamiliar gameplay and movement situations to improve outcomes enhances problem solving, creativity and critical thinking. Leadership, teamwork and ethical behaviour promotes inclusion and equity and enhances safety, social connection and enjoyment in play and movement experiences.