

# HPE Australian Curriculum Links

## Years 5 and 6 Achievement Standard

By the end of Year 6, students investigate developmental changes and transitions. They explain the influence of people and places on identities. They recognise the influence of emotions on behaviours and discuss factors that influence how people interact. **They describe their own and others' contributions to health, physical activity, safety and wellbeing. They describe the key features of health-related fitness and the significance of physical activity participation to health and wellbeing.** They examine how physical activity, celebrating diversity and connecting to the environment support community wellbeing and cultural understanding.

Students demonstrate fair play and skills to work collaboratively. **They access and interpret health information and apply decision-making and problem-solving skills to enhance their own and others' health, safety and wellbeing.** They perform specialised movement skills and sequences and propose and combine movement concepts and strategies to achieve movement outcomes and solve movement challenges. **They apply the elements of movement when composing and performing movement sequences.**

### Focus Areas:

- Food & Nutrition
- Safety
- Lifelong physical activities
- Rhythmic and expressive movement activities

## Year 5 and 6 Content Descriptions

### **Personal, Social and Community Health (Strand)**

#### **Being healthy, safe and active (Sub-strand)**

Plan and practice strategies to promote health, safety and wellbeing (ACPPS054)

#### **Contributing to healthy and active communities (Sub-strand)**

Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058)

### **Movement and Physical Activity (Strand)**

#### **Moving our body (Sub-strand)**

Propose and apply movement concepts and strategies with and without equipment (ACPMP063)

#### **Understanding movement (Sub-strand)**

Participate in physical activities designed to enhance fitness and discuss the impact regular participation can have on health and wellbeing (ACPMP064)