

Foundation – Year 9 2024 Health and Physical Education Overview

Our school community is one with high expectations.
We are collaborative and inclusive of all.

We deliver a 21st century guaranteed and viable curriculum that results in outstanding student achievement.

The Health and Physical Education Curriculum links directly to High Impact Teaching Strategies (HITS)

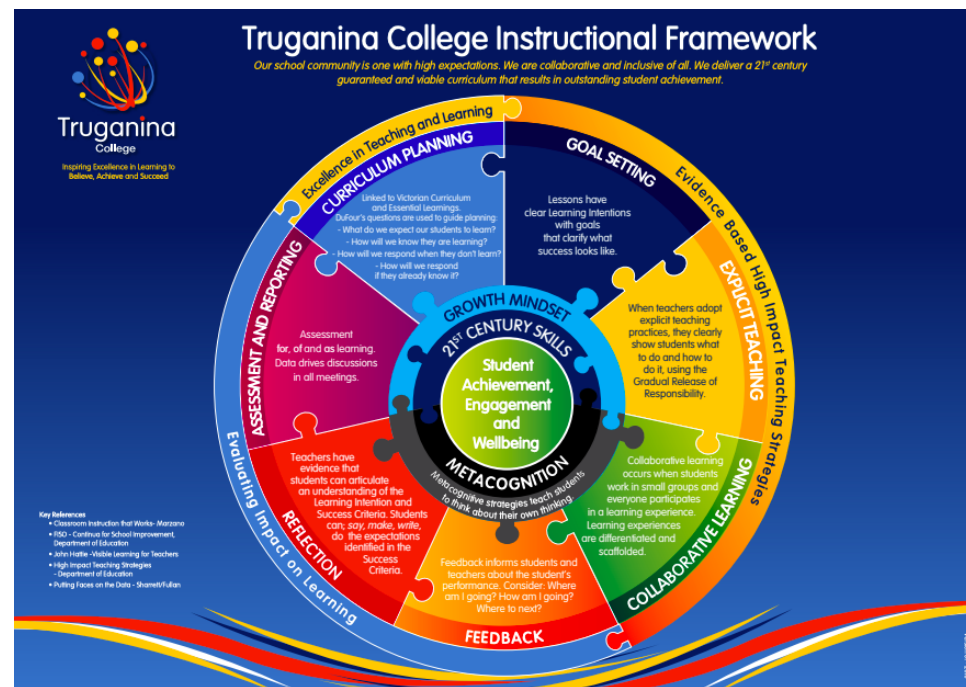


2020
2021
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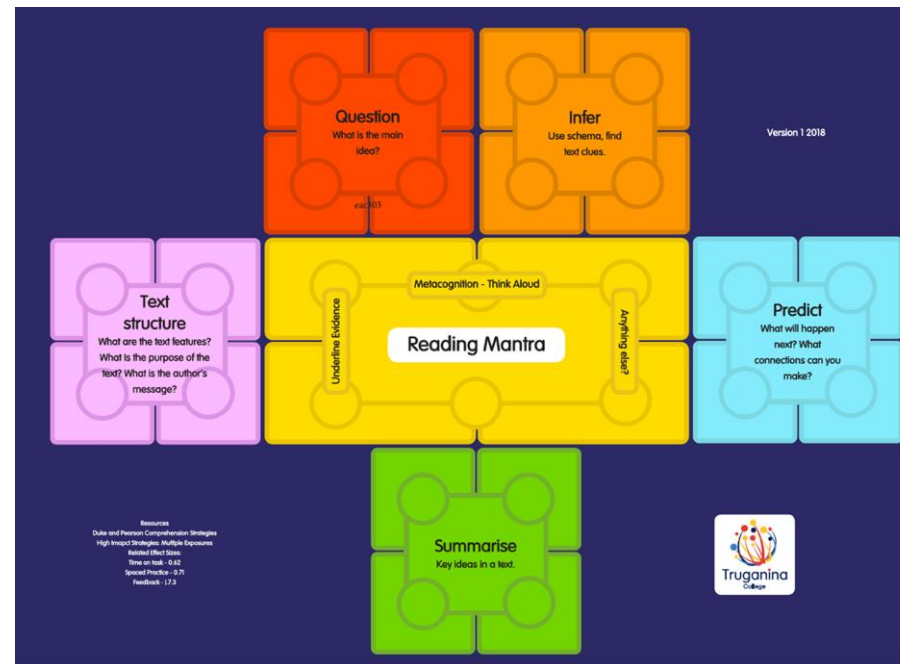
The planning, teaching and learning of the Health and Physical Education Curriculum links directly to the College's Strategic Plan (2021 – 2024) goals:

- Goal 1: To improve student's learning outcomes in Literacy and Numeracy.
- Goal 2: To empower students to become independent and self-regulating learners.
- Goal 3: To enhance the health and wellbeing of all students.

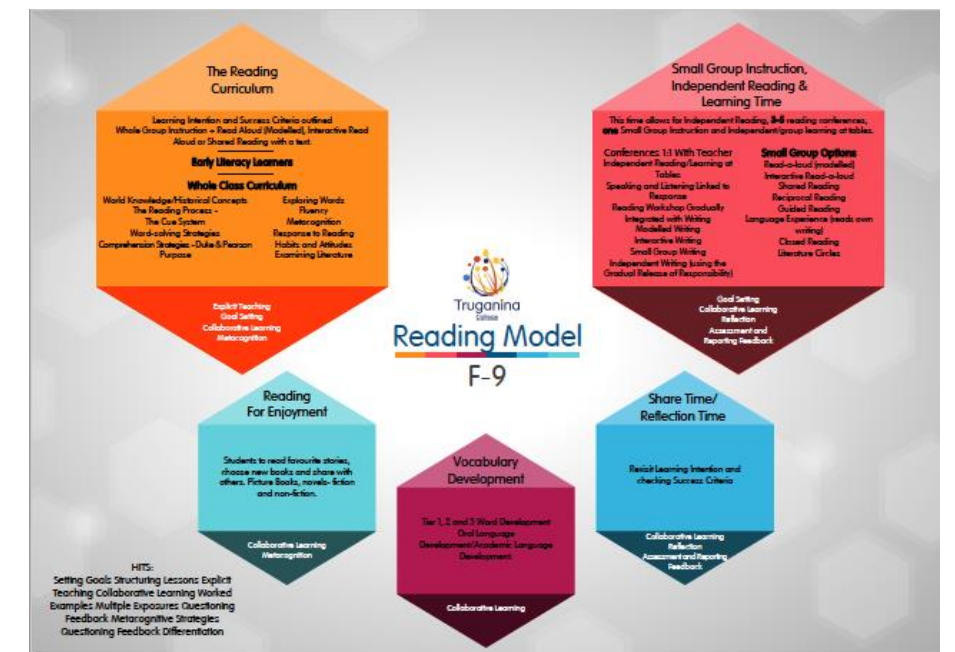
Instructional Framework



Reading Mantra



Reading Model



Curriculum Planning - Refer to DuFour's questions

- What do we need our students to learn?
- How will we know they are learning?
- What will we do if they have already learned it?
- What will we do if they have not learned?

Assessment & Reporting - Data drives discussion in all meetings

21st century learning

- Ways of Thinking: Creativity & Innovation, Critical Thinking, Problem Solving & Decision Making, Learning to Learn
- Ways of Working: Communication & Collaboration
- Ways of Living in the World: Local & Global Citizenship, Personal & Social Responsibility, Life & Career
- Tools for Working: Information Literacy, Information & Communication Technology

Duke & Pearson Comprehension Strategies

Critical & Creative Thinking

	Term 1	Term 2	Term 3	Term 4
Foundation	<p>PE curriculum link</p> <p>Cooperation Cooperate with others when participating in physical activities (VCHPEM068)</p> <p>Health Curriculum link FMS Circuits Follow rules when participating in physical activities (VCHPEM070)</p> <p>Critical and Creative Thinking Identify, describe and use different kinds of question stems to gather information and ideas (VCCCTQ001)</p> <p>Text structure & Predicting</p>	<p>PE curriculum link</p> <p>FMS Circuits- Participate in play that promotes engagement with outdoor settings including aquatic and the natural environment (VCHPEP063)</p> <p>Health Curriculum link Inclusive Activities Practise personal and social skills to interact with others (VCHPEP060) Identify personal strengths (VCHPEP057)</p> <p>Critical and Creative Thinking Consider personal reactions to situations or problems and how these reactions may influence thinking (VCCCTQ002)</p> <p>Questioning, inferring & visualising</p>	<p>PE curriculum link</p> <p>Athletics Identify people and actions that help keep themselves safe and healthy (VCHPEP059)</p> <p>Circle time + Minor Games Identify and describe emotional responses people may experience in different situations (VCHPEP061)</p> <p>Critical and Creative Thinking Consider ways to express and describe thinking activity, including the expression of feelings about learning, both to others and self (VCCCTM007)</p> <p>Setting a purpose & Think aloud (metacognition)</p>	<p>PE curriculum link</p> <p>Gymnastics Practise fundamental movement skills and movement sequences using different body parts and response to stimuli in indoor, outdoor and aquatic settings (VCHPEM064)</p> <p>Health Curriculum link Skills focus Week Catch, kick, run, jump- Identify actions that promote health, safety and wellbeing (VCHPEP062)</p> <p>Critical and Creative Thinking Identify and use 'If, then...' and 'what if...' reasoning (VCCCTR016)</p> <p>Summarising and retelling, monitoring, clarifying and fixing up</p>
Year 1	<p>PE curriculum link</p> <p>Cooperative Activities Use strategies to work in group situations when participating in physical activities (VCHPEM085)</p> <p>Health Curriculum link</p> <p>Inclusive Activities Describe ways to include others to make them feel that they belong (VCHPEP075)</p> <p>Critical and Creative Thinking Compare and contrast information and ideas in own and others reasoning (VCCCTR005) https://victoriancurriculum.vcaa.vic.edu.au/level1</p> <p>Questioning, inferring & visualising</p>	<p>PE curriculum link</p> <p>Soccer Identify rules and fair play when creating and participating in physical activities (VCHPEM087)</p> <p>Health Curriculum link</p> <p>https://victoriancurriculum.vcaa.vic.edu.au/health-and-physical-education/curriculum/f-10#level=1-2</p> <p>Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these (VCHPEP072)</p> <p>FMS Perform fundamental movement skills in different movement situations in indoor, outdoor and aquatic settings (VCHPEM080)</p> <p>Critical and Creative Thinking Consider ways to express and describe thinking activity, including the expression of feelings about learning, both to others and self (VCCCTM007) https://victoriancurriculum.vcaa.vic.edu.au/level1</p> <p>Text structure & Predicting</p>	<p>PE curriculum link</p> <p>Gymnastics Propose a range of alternatives and test their effectiveness when solving movement challenges (VCHPEM086)</p> <p>Health Curriculum link</p> <p>https://victoriancurriculum.vcaa.vic.edu.au/health-and-physical-education/curriculum/f-10#level=1-2</p> <p>Recognise situations and opportunities to promote their own health, safety and wellbeing (VCHPE074)</p> <p>Athletics</p> <p>Critical and Creative Thinking Identify, describe and use different kinds of question stems to gather information and ideas (VCCCTQ001) https://victoriancurriculum.vcaa.vic.edu.au/level1</p> <p>Setting a purpose & Think aloud (metacognition)</p>	<p>PE curriculum link</p> <p>Overarm / Underarm Throw Create and participate in games (VCHPEM082)</p> <p>Health Curriculum link https://victoriancurriculum.vcaa.vic.edu.au/health-and-physical-education/curriculum/f-10#level=1-2</p> <p>Examine health messages and how they relate to health decisions and behaviours (VCHPEP077)</p> <p>Skills Focus Week Identify and practice emotional responses that account for own and others' feelings (VCHPEP076)</p> <p>Critical and Creative Thinking Identify, describe and use different kinds of question stems to gather information and ideas (VCCCTQ001) https://victoriancurriculum.vcaa.vic.edu.au/level1</p> <p>Summarising and retelling, monitoring, clarifying and fixing up.</p>
Year 2	<p>PE curriculum link</p> <p>FMS Focus Week Perform fundamental movement skills in different movement situations in indoor, outdoor and aquatic settings (VCHPEM080)</p> <p>Health Curriculum link</p> <p>Cooperative Activities Practise strategies they can use when they need help with a task, problem or situation at home and/or at school (VCHPEP073)</p> <p>Describe ways to include others to make them feel that they belong (VCHPEP075)</p> <p>Critical and Creative Thinking Consider personal reactions to situations or problems and how these reactions may influence thinking (VCCCTQ002)</p> <p>Questioning, inferring & visualising</p>	<p>PE curriculum link</p> <p>Soccer Use strategies to work in group situations when participating in physical activities (VCHPEM085)</p> <p>Dance Construct and perform imaginative and original movement sequences in response to stimuli (VCHPEM081)</p> <p>Health Curriculum link</p> <p>Circle Time Explore actions that help make the classroom a healthy, safe and active place (VCHPEP078)</p> <p>Discuss the body's reactions to participating in physical activities (VCHPEM083)</p> <p>Critical and Creative Thinking Investigate ways to problem-solve, using egocentric and experiential language (VCCCTM009)</p> <p>Summarising and retelling, monitoring, clarifying and fixing up</p>	<p>PE curriculum link</p> <p>Fitness Discuss the body's reactions to participating in physical activities (VCHPEM083)</p> <p>Football (Punt) Identify rules and fair play when creating and participating in physical activities (VCHPEM087)</p> <p>Health Curriculum link</p> <p>Athletics Identify and practice emotional responses that account for own and others' feelings (VCHPEP076)</p> <p>Critical and Creative Thinking Explore some learning strategies, including planning, repetition, rewording, memorisation and use of mnemonics (VCCCTM008)</p> <p>Setting a purpose & Think aloud (metacognition)</p>	<p>PE curriculum link</p> <p>Basketball Incorporate elements of effort, space, time, objects and people in performing simple movement sequences (VCHPEM084)</p> <p>Health Curriculum link</p> <p>Fitness Describe physical and social changes that occur as children grow older and discuss how family and community acknowledge these (VCHPEP072)</p> <p>Critical and Creative Thinking Consider how reasons and examples are used to support a point of view and illustrate meaning (VCCCTR006)</p> <p>Text structure & Predicting</p>

<p>Year 3</p>	<p>Ball Bounce (Basketball) PE curriculum link <i>Moving the Body</i> Practise and apply movement concepts and strategies (VCHPEM098)</p> <p>Health Curriculum link <i>Being healthy, safe and active</i> Identify and practise strategies to promote health, safety and wellbeing (VCHPEP091)</p> <p>Critical and Creative Thinking Examine and use the structure of a basic argument, with an aim, reasons and conclusion to present a point of view (VCCCTR013)</p> <p>Questioning, inferring & visualising</p>	<p>Introduction to Invasion (European Handball) PE curriculum link <i>Learning through Movement</i> Adopt inclusive practices when participating in physical activities (VCHPEM102)</p> <p>Health Curriculum link <i>Contributing to healthy and active communities</i> Gymnastics - Describe strategies to make the classroom and playground healthy, safe and active spaces (VCHPEP095)</p> <p>Critical and Creative Thinking Examine an increased range of learning strategies, including visualisation, note-taking, peer instruction and incubation, and reflect on how these can be applied to different tasks to reach a goal (VCCCTM019)</p> <p>Text structure & Predicting</p>	<p>Athletics PE curriculum link <i>Moving the Body</i> Practise and refine fundamental movement skills in different movement situations in indoor, outdoor and aquatic settings (VCHPEM097)</p> <p>Perform movement sequences which link fundamental movement skills (VCHPEM098)</p> <p>Understanding Movement Combine the elements of effort, space, time, objects and people when performing movement sequences (VCHPEM101)</p> <p>Health Curriculum link <i>Communicating and interacting for health and wellbeing</i> Food Diary - Discuss and interpret health information and messages in the media (VCHPEP094)</p> <p>Critical and Creative Thinking Explore reactions to a given situation or problem and consider the effect of pre-established preferences (VCCCTQ011)</p> <p>Setting a purpose & Think aloud (metacognition)</p>	<p>Target Games PE curriculum link <i>Learning Through Movement</i> Apply innovative and creative thinking in solving movement challenges (VCHPEM103)</p> <p>Health Curriculum link <i>Being healthy, safe and active</i> Soccer Kickball (FMS)- Identify and practise strategies to promote health, safety and wellbeing (VCHPEP091)</p> <p>Critical and Creative Thinking Investigate a range of problem-solving strategies, including brainstorming, identifying, comparing and selecting options, and developing and testing hypotheses (VCCCTM020)</p> <p>Summarising and retelling, monitoring, clarifying and fixing up.</p>
<p>Year 4</p>	<p>Minor Games & Cricket PE curriculum link Adopt inclusive practices when participating in physical activities (VCHPEM102)</p> <p>Health Curriculum link</p> <p>Circle Time Examine how success, challenge and failure strengthen personal identities (VCHPEP088)</p> <p>Critical and Creative Thinking Identify and use 'if, then...' and 'what if...' reasoning (VCCCTR016)</p> <p>Questioning, inferring & visualising</p>	<p>Soccer & Dance PE curriculum link Apply basic rules and scoring systems, and demonstrate fair play when participating (VCHPEM104)</p> <p>FMS (kick) Perform movement sequences which link fundamental movement skills (VCHPEM098)</p> <p>Health Curriculum link</p> <p>Dance Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (VCHPEP090) Combine the elements of effort, space, time, objects and people when performing movement sequences (VCHPEM101)</p> <p>Critical and Creative Thinking Investigate different techniques to sort facts and extend known ideas to generate novel and imaginative ideas (VCCCTQ012)</p> <p>Setting a purpose & Think aloud (metacognition)</p>	<p>Athletics & Fitness PE curriculum link Practise and refine fundamental movement skills in different movement situations in indoor, outdoor and aquatic settings (VCHPEM097)</p> <p>Practise and refine fundamental movement skills in different movement situations in indoor, outdoor and aquatic settings (VCHPEM097)</p> <p>Health Curriculum link</p> <p>Fitness and Physical Activity Examine the benefits of physical activity and physical fitness to health and wellbeing (VCHPEM100)</p> <p>Critical and Creative Thinking Investigate why and when the consequences of a point of view should be considered (VCCCTR015)</p> <p>Text structure & Predicting</p>	<p>AFL & Basketball PE curriculum link Apply innovative and creative thinking in solving movement challenges (VCHPEM103) Perform movement sequences which link fundamental movement skills (VCHPEM098)</p> <p>Health Curriculum link</p> <p>Sun Safety Discuss and interpret health information and messages in the media (VCHPEP094)</p> <p>Critical and Creative Thinking Identify and use 'if, then...' and 'what if...' reasoning (VCCCTR016)</p> <p>Summarising and retelling, monitoring, clarifying and fixing up.</p>

Hockey & Basketball
PE curriculum link

Moving the Body
 Practice specialised movement skills and apply them in different movement situations in indoor, outdoor and aquatic settings [\(VCHPEM115\)](#)

Identity/Puberty
Health Curriculum link
Being healthy, safe and active
 Explore how identities are influenced by people and places [\(VCHPEP105\)](#)

Investigate the impact of transition and change on identities [\(VCHPEP123\)](#)

Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviors [\(VCHPEP111\)](#)

Critical and Creative Thinking
 Consider the importance of giving reasons and evidence and how the strength of these can be evaluated [\(VCCCTR025\)](#)

Setting a purpose & Think aloud (metacognition)

Athletics & Fitness
PE curriculum link

Understanding movement
 Participate in physical activities designed to enhance fitness, and discuss the impact of regular participation on health and wellbeing [\(VCHPEM118\)](#)

Health Curriculum link
 Contributing to healthy and active communities
 Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to the natural and built environment [\(VCHPEP113\)](#)

Critical and Creative Thinking
 Consider when analogies might be used in expressing a point of view and how they should be expressed and evaluated [\(VCCCTR026\)](#)

Summarising and retelling, monitoring, clarifying and fixing up.

Gymnastics & Soccer
PE curriculum link

Learning through movement
 Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities [\(VCHPEM120\)](#)

Health Curriculum link
Contributing to healthy and active communities
 Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities [\(VCHPEP112\)](#)

Investigate how celebrating similarities and differences can strengthen communities [\(VCHPEP114\)](#)

Critical and Creative Thinking
 Explore what a criterion is, different kinds of criteria, and how to select appropriate criteria for the purposes of filtering information and ideas [\(VCCCTR028\)](#)

Text structure & Predicting

Cricket & Badminton
PE curriculum link

Learning through movement
 Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges [\(VCHPEM121\)](#)

Health Curriculum link
 Communicating and interacting for health and wellbeing
 Practise skills to establish and manage relationships [\(VCHPEP109\)](#)

Critical and Creative Thinking
 Experiment with alternative ideas and actions by setting preconceptions to one side [\(VCCCTQ022\)](#)

Questioning, inferring & visualising

Year 6

Netball & Rugby
Moving the body
PE curriculum link
Design and perform a variety of movement sequences [\(VCHPEM116\)](#)

Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities [\(VCHPEM122\)](#)

Health Curriculum link
Communicating and interacting for health and wellbeing Examine the influence of emotional responses on behaviour, relationships and health and wellbeing [\(VCHPEP110\)](#)

Critical and Creative Thinking
Consider the importance of giving reasons and evidence and how the strength of these can be evaluated [\(VCCCTR025\)](#)

Setting a purpose & Think aloud (metacognition)

Athletics & Dance
PE curriculum link
Understanding movement
Participate in physical activities designed to enhance fitness, and discuss the impact of regular participation on health and wellbeing [\(VCHPEM118\)](#)

Health Curriculum link
Fitness
Being healthy, safe and active
Investigate community resources and strategies to seek help about health, safety and wellbeing [\(VCHPEP107\)](#)

Critical and Creative Thinking
Consider when analogies might be used in expressing a point of view and how they should be expressed and evaluated [\(VCCCTR026\)](#)

Summarising and retelling, monitoring, clarifying and fixing up,

Soccer & Handball
PE curriculum link
Moving the Body
Propose and apply movement concepts and strategies [\(VCHPEM117\)](#)

Understanding movement
Manipulate and modify the elements of effort, space, time, objects and people to perform movement sequences [\(VCHPEM119\)](#)

Health Curriculum link
Being healthy, safe and active Puberty
Investigate resources to manage changes and transitions associated with puberty [\(VCHPEP106\)](#)

Evaluate strategies to manage personal, physical and social changes that occur as they grow older [\(VCHPEP124\)](#)

Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours [\(VCHPEP111\)](#)

Critical and Creative Thinking
Investigate thinking processes using visual models and language strategies [\(VCCCTM029\)](#)

Text structure & Predicting

Badminton & AFL
PE curriculum link
Dance
Moving the body
Design and perform a variety of movement sequences [\(VCHPEM116\)](#)

Health Curriculum link
Being healthy, safe and active
Plan and practise strategies to promote health, safety and wellbeing [\(VCHPEP108\)](#)

Critical and Creative Thinking
Examine learning strategies, including constructing analogies, visualising ideas, summarising and paraphrasing information and reflect on the application of these strategies in different situations [\(VCCCTM030\)](#)

Questioning, inferring & visualising

PE curriculum link
Netball
 Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance [\(VCHPEM137\)](#)

PE curriculum link
Volleyball
 Practise, apply and transfer movement concepts and strategies [\(VCHPEM135\)](#)

PE curriculum link
Softball
 Practise and apply personal and social skills when undertaking a range of roles in physical activities [\(VCHPEM139\)](#)

Health Curriculum link
Puberty & Peer Pressure
 Use feedback to improve body control and coordination when performing specialised movement skills [\(VCHPEM133\)](#)

Investigate the impact of transition and change on identities [\(VCHPEP123\)](#)

Water Safety - Bike Ed???
 Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities [\(VCHPEP130\)](#)
 Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities [\(VCHPEP131\)](#)

Critical and Creative link
Invasion Games
 Suspend judgements temporarily and consider how preconceptions may limit ideas and alternatives [\(VCCCTQ033\)](#)

Inferring & Questioning

PE curriculum link
Soccer
 Use feedback to improve body control and coordination when performing specialised movement skills [\(VCHPEM133\)](#)

PE curriculum link
AFL
 Modify rules and scoring systems to allow for fair play, safety and inclusive participation [\(VCHPEM141\)](#)
 Participate in and investigate the cultural and historical significance of a range of physical activities [\(VCHPEM138\)](#)

Basketball
 Practise, apply and transfer movement concepts and strategies [\(VCHPEM135\)](#)

Health Curriculum link
Nutrition
 Investigate and select strategies to promote health, safety and wellbeing [\(VCHPEP126\)](#)
 Develop skills to evaluate health information and express health concerns [\(VCHPEP129\)](#)

Critical and Creative Link
 Synthesise information from multiple sources and use lateral thinking techniques to draw parallels between known and new solutions and ideas when creating original proposals and artefacts [\(VCCCTQ034\)](#)

Summarising and Retelling & Metacognition.

PE curriculum link
Athletics

Table Tennis
 Practise, apply and transfer movement concepts and strategies [\(VCHPEM135\)](#)

Rugby
 Practise and apply personal and social skills when undertaking a range of roles in physical activities [\(VCHPEM139\)](#)

Health Curriculum link
Self-Identity & relationships
 Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing [\(VCHPEP127\)](#)

Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity [\(VCHPEP132\)](#)

Critical and Creative link
 Consider how problems can be segmented into discrete stages, new knowledge synthesised during problem- solving and criteria used to assess emerging ideas and proposals [\(VCCCTM042\)](#)

Predicting & Setting a Purpose

PE curriculum link
Cricket
 Investigate and select strategies to promote health, safety and wellbeing [\(VCHPEP126\)](#)

Use feedback to improve body control and coordination when performing specialised movement skills [\(VCHPEM133\)](#)

Fitness
 Compose and perform movement sequences for specific purposes in a variety of contexts [\(VCHPEM134\)](#)

Lacrosse
 Modify rules and scoring systems to allow for fair play, safety and inclusive participation [\(VCHPEM141\)](#)

Health Curriculum link
Fitness Components
 Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans [\(VCHPEM136\)](#)

History of sport
 Participate in and investigate the cultural and historical significance of a range of physical activities [\(VCHPEM138\)](#)

Critical and Creative link
 Consider a range of strategies to represent ideas and explain and justify thinking processes to others [\(VCCCTM040\)](#)

Visualising & Monitoring Comprehension.

PE curriculum link Netball

Practise and apply personal and social skills when undertaking a range of roles in physical activities [\(VCHPEM139\)](#)

Volleyball

Use feedback to improve body control and coordination when performing specialised movement skills [\(VCHPEM133\)](#)

AFL

Participate in and investigate the cultural and historical significance of a range of physical activities [\(VCHPEM138\)](#)

Health Curriculum link Nutrition

Health Curriculum link Drugs and Alcohol

Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities [\(VCHPEP130\)](#)

Develop skills to evaluate health information and express health concerns [\(VCHPEP129\)](#)

Critical and creative thinking

Investigate when counter examples might be used in expressing a point of view [\(VCCCTR037\)](#)

Predicting & Setting a Purpose

PE curriculum link Fitness

Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans [\(VCHPEM136\)](#)

Basketball

Use feedback to improve body control and coordination when performing specialised movement skills [\(VCHPEM133\)](#)

Hockey

Modify rules and scoring systems to allow for fair play, safety and inclusive participation [\(VCHPEM141\)](#)

Health Curriculum link Nutrition

Nutrition

Investigate and select strategies to promote health, safety and wellbeing [\(VCHPEP126\)](#)
Develop skills to evaluate health information and express health concerns [\(VCHPEP129\)](#)
Plan and use strategies and resources to enhance the health, safety and wellbeing of their communities [\(VCHPEP130\)](#)

Critical and Creative Thinking

Examine a range of learning strategies and how to select strategies that best meet the requirements of a task [\(VCCCTM041\)](#)

Inferring & Questioning

PE curriculum link Athletics

Evaluate and justify reasons for decisions and choices of action when solving movement challenges [\(VCHPEM140\)](#)

Soccer

Modify rules and scoring systems to allow for fair play, safety and inclusive participation [\(VCHPEM141\)](#)

Handball

Practise, apply and transfer movement concepts and strategies [\(VCHPEM135\)](#)

Health Curriculum link Sexual Education

Evaluate strategies to manage personal, physical and social changes that occur as they grow older [\(VCHPEP124\)](#)

Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity [\(VCHPEP128\)](#)

Critical and creative thinking

Consider a range of strategies to represent ideas and explain and justify thinking processes to others [\(VCCCTM040\)](#)

Visualising & Monitoring Comprehension.

PE curriculum link Lacrosse

Compose and perform movement sequences for specific purposes in a variety of contexts [\(VCHPEM134\)](#)

Cricket

Compose and perform movement sequences for specific purposes in a variety of contexts [\(VCHPEM134\)](#)

SEPEP

Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance [\(VCHPEM137\)](#)

Health Curriculum Link Mental Health

Evaluate strategies to manage personal, physical and social changes that occur as they grow older [\(VCHPEP124\)](#)

Examine barriers to seeking support and evaluate strategies to overcome these [\(VCHPEP125\)](#)

Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities [\(VCHPEP131\)](#)

Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing [\(VCHPEP127\)](#)

Critical and creative thinking

Consider how problems can be segmented into discrete stages, new knowledge synthesised during problem-solving and criteria used to assess emerging ideas and proposals [\(VCCCTM042\)](#)

Summarising and Retelling & Metacognition.

Fitness

Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (VCHPEM155)

**PE curriculum link
Netball**

Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (VCHPEM160)

Volleyball

Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (VCHPEM156)

**Health Curriculum link
Drugs in Sport**

Evaluate factors that shape identities, and analyse how individuals impact the identities of others (VCHPEP142)

Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities (VCHPEP149)

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 (VCHPEP144)

Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing (VCHPEP147)

Critical and Creative Thinking

Critically examine their own and others' thinking processes and discuss factors that influence thinking, including cognitive biases (VCCCTM051)

Visualising & Monitoring Comprehension.

PE curriculum link

Athletics

Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (VCHPEM156)

AFL

Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations (VCHPEM153)

Badminton

Perform and refine specialised movement skills in challenging movement situations (VCHPEM152)

**Health Curriculum link
Sexual Education**

Examine the impact of changes and transitions on relationships (VCHPEP143)

First Aid

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 (VCHPEP144)

Critical and Creative Thinking

Challenge previously held assumptions and create new links, proposals and artefacts by investigating ideas that provoke shifts in perspectives and cross boundaries to generate ideas and solutions (VCCCTQ045)

Summarising and Retelling & Metacognition.

PE

Soccer

Develop, implement and evaluate movement concepts and strategies for successful outcomes (VCHPEM154)

Basketball

Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (VCHPEM158)

Lacrosse

Perform and refine specialised movement skills in challenging movement situations (VCHPEM152)

Health Curriculum

History of Australian

sport

Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (VCHPEM157)

- researching the trends in participation in organised junior sports and predicting future trends and directions (HBPA, LLPA, GS, RE)
- investigating the varied perspectives held by Australians on sport and examining how this diversity is represented in the sports we play today (GS, CA, LLPA, RE)
- exploring the impact of media messages associated with physical activity, outdoor recreation and sport in Australia (RE, CA, LLPA, GS)
- analysing the significant contributions Aboriginal and Torres Strait Islander people make to sport in Australia (GS)

Critical and Creative Thinking

Investigate how the use of a range of learning strategies can be monitored, evaluated and re-directed as necessary (VCCCTM052)

Inferring & Questioning

PE

Fitness Testing

Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (VCHPEM15)

Softball

Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (VCHPEM160)

Cricket

Transfer understanding from previous movement experiences to create solutions to movement challenges (VCHPEM159)

Health Curriculum link

Nutrition

Evaluate health information from a range of sources and apply to health decisions and situations (VCHPEP148)

Aboriginal Health & Wellbeing

Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices (VCHPEP145)

Critique behaviours and contextual factors that influence the health and wellbeing of their communities (VCHPEP151)

Critical and Creative Thinking

Challenge previously held assumptions and create new links, proposals and artefacts by investigating ideas that provoke shifts in perspectives and cross boundaries to generate ideas and solutions (VCCCTQ045)

Predicting & Setting a Purpose