

Healthy Young People

The Australian Curriculum

Health and Physical Education (HPE) – Years 7/8

Year level descriptions

The Years 7 and 8 curriculum expands students' knowledge, understanding and skills to help them achieve successful outcomes in classroom, leisure, social, movement and online situations. Students learn how to take positive action to enhance their own and others' health, safety and wellbeing. They do this as they examine the nature of their relationships and the factors that influence people's beliefs, attitudes, opportunities, decisions, behaviours and actions. Students demonstrate a range of help seeking strategies that support them to access and evaluate health and physical activity information and services.

The curriculum for Year 7 and 8 supports students to refine a range of specialised knowledge, understanding and skills in relation to their health, safety, wellbeing and movement competence and confidence. They develop more complex skills and understanding in a range of physical activity settings. They analyse how body control and coordination influence movement composition and performance and learn to transfer movement skills and concepts across a variety of physical activities. Students explore the important role that games and sports, outdoor recreation, lifelong physical activities and rhythmic and expressive movement activities play in shaping cultures and identities. They reflect on and refine a range of personal and social skills as they participate in a range of physical activities.

The focus areas to be addressed in Years 7 to 8 include, but are not limited to:

- alcohol and other drugs (AD)
- food and nutrition (FN)
- health benefits of physical activity (HBPA)

- mental health and wellbeing (MH)
- relationships and sexuality (RS)
- safety (S)
- challenge and adventure activities (CA)
- games and sports (GS)
- lifelong physical activities (LLPA)
- rhythmic and expressive movement activities (RE).

Achievement Standard

By the end of Year 8, students evaluate strategies and resources to manage changes and transitions and investigate their impact on identities. Students evaluate the impact on wellbeing of relationships and valuing diversity. They analyse factors that influence emotional responses. They investigate strategies and practices that enhance their own, others' and community health, safety and wellbeing. They investigate and apply movement concepts and select strategies to achieve movement and fitness outcomes. They examine the cultural and historical significance of physical activities and examine how connecting to the environment can enhance health and wellbeing.

Students apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity. They demonstrate skills to make informed decisions and propose and implement actions that promote their own and others' health, safety and wellbeing. Students demonstrate control and accuracy when performing specialised movement sequences and skills. They apply movement concepts and refine strategies to suit different movement situations. They apply the elements of movement to compose and perform movement sequences.

Healthy Young People Mission Steps

Choose Your HYP Mission	What are the facts?	What needs to change?	Your Mission Action Plan	Reflect and Celebrate
<p>Students examine health and wellbeing in their own lives and the lives of others. They start to investigate how the environment we live in affects our health and wellbeing. Students identify priorities for creating a health promoting environment at school. They evaluate their personal health and wellbeing and health literacy and select goals for the future.</p>	<p>Students investigate health topics including guidelines and recommendations from government and health bodies. Students apply health knowledge to analyse health information and evaluate the reliability of a variety of sources. Students analyse the influence of the school environment on health behaviours.</p>	<p>Students evaluate the school environment. Students examine possible strategies to increase healthy behaviours and select strategies with the most potential to make healthy choices easier.</p>	<p>Students analyse the needs of different target groups and develop strategies to influence them. Students apply health information and knowledge of the school environment to develop a plan to make healthy choices easier. Students evaluate their progress against the plan and refine strategies as they implement them.</p>	<p>Students evaluate their personal health and wellbeing and health literacy and analyse any changes.</p> <p>Students evaluate the outcomes of their plan and analyse factors that may have contributed to or prevented achievement of the plan.</p> <p>Students apply their learning to critically analyse changes that could be made at local, State and National levels to increase health behaviours.</p>

Content Descriptions – Year 7/8

Strand

Personal, social and community health

	Choose your HYP Mission	What are the facts?	What needs to change?	Your mission action plan	Reflect and Celebrate
Being healthy, safe and active					
Investigate the impact of transition and change on identities (ACPPS070)	Yes	No	No	No	No
Evaluate strategies to manage personal, physical and social changes that occur as they grow older (ACPPS071)	No	Yes	Yes	Yes	Yes
Practise and apply strategies to seek help for themselves or others (ACPPS072)	No	Yes	Yes	No	No
Investigate and select strategies to promote health, safety and wellbeing (ACPPS073)	Yes	Yes	Yes	Yes	Yes

	Choose your HYP Mission	What are the facts?	What needs to change?	Your mission action plan	Reflect and Celebrate
Communicating and interacting for health and wellbeing					
Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074)	Yes	No	No	No	No
Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075)	No	No	Yes	Yes	No
Evaluate health information and communicate their own and others' health concerns (ACPPS076)	Yes	Yes	Yes	Yes	Yes

Being healthy, safe and active

	Choose your HYP Mission	What are the facts?	What needs to change?	Your mission action plan	Reflect and Celebrate
Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities (ACPPS077)	No	Yes	Yes	Yes	Yes
Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (ACPPS078)	Yes	No	Yes	Yes	Yes