

Healthy Young People

The Australian Curriculum

Health and Physical Education (HPE) – Years 9/10

Year level descriptions

The Year 9 and 10 curriculum supports students to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to critically analyse and apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing.

In Years 9 and 10, students learn to apply more specialised movement skills and complex movement strategies and concepts in different movement environments. They also explore movement concepts and strategies to evaluate and refine their own and others' movement performances. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

Focus areas to be addressed in Years 9 and 10 include:

- 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 10, students critically analyse contextual factors that influence identities, relationships, decisions and behaviours. They analyse the impact attitudes and beliefs about diversity have on community connection and wellbeing. They evaluate the outcomes of emotional responses to different situations. Students access, synthesise and apply health information from credible sources to propose and justify responses to health situations. Students propose and evaluate interventions to improve fitness and physical activity levels in their communities. They examine the role physical activity has played historically in defining cultures and cultural identities.

Students demonstrate leadership, fair play and cooperation across a range of movement and health contexts. They apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing. They apply and transfer movement concepts and strategies to new and challenging movement situations. They apply criteria to make judgements about and refine their own and others' specialised movement skills and movement performances. They work collaboratively to design and apply solutions to movement challenges.

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 9/10

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					
Evaluate factors that shape identities, and critically analyse how individuals impact the identities of others (ACPPS089)	Yes	Yes	No	No	No
Examine the impact of changes and transitions on relationships (ACPPS090)	No	No	Yes	No	No
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 short- or long-term risk (ACPPS091)	No	Yes	Yes	Yes	Yes
Propose, practise and evaluate responses in situations where external influences may impact on their ability to make healthy and safe choices (ACPPS092)	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 how empathy and ethical decision making contribute to respectful relationships (ACPPS093)	No	No	Yes	Yes	No
Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses (ACPPS094)	No	No	Yes	Yes	No
Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095)	No	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, implement and critique strategies to enhance the health, safety and wellbeing of their communities (ACPPS096)	No	No	Yes	Yes	Yes
Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments (ACPPS097)	No	No	Yes	Yes	Yes
Critique behaviours and contextual factors that influence the health and wellbeing of diverse communities (ACPPS098)	Yes	Yes	Yes	Yes	Yes