

Year 6 Health and Physical Education

Achievement Standard

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 movements sequences.

Assessable Elements

An overall level of achievement in this subject is determined by the teacher's on-balance judgment of the evidence presented in students' summative assessment across the following:

- **Personal, Social and Community Health:**
Being healthy, safe and active; Communicating and interacting for health and wellbeing; Contributing to healthy and active communities
- **Movement and Physical Activity:**
Moving our body; Understanding movement; Learning through movement.

Delivery (mode, time requirements, lessons)

With support from Home Tutors, students are expected to undertake independent study to complete lessons, tasks and assessments in accordance with the Work Rate Calendar. Course materials are accessed online via our Learning Management System.

Student Requirements

Computer, internet access, email, printer, scanner, headset with microphone and stationery.

Units, Learning Experiences and Summative Assessment	
Semester 2	Term 4

	<p>Healthy Habits The health education purpose of this unit is describe the contributions you and others make to health and wellbeing. You will assess and interpret health information and apply your own decision making skills to enhance yours and others health and wellbeing. The physical education purpose is to explain the health related fitness components used in various physical activities and the significance of physical activity participation to your health and wellbeing.</p>
	<p>Summative Assessment: What am I drinking?</p> <ul style="list-style-type: none">• Looking at healthy options for drinks. <p>Fitness Fun</p> <ul style="list-style-type: none">• Students explain the health-related fitness components used in various physical activities and the significance of physical activity participation to health and wellbeing. They apply the elements of movement to compose and perform a fitness activity station that develops a health-related fitness component.

Disclaimer All of the above information is accurate at the time of development.