The Australian
Curriculum

Subjects	Health and Physical Education
Year levels	Year 7

acara AUSTRALIAN CURRICULUM,
ASSESSMENT AND
REPORTING AUTHORITY

Years 7 and 8 Content Descriptions

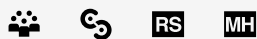## Personal, Social and Community Health

Being healthy, safe and active

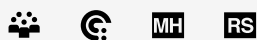Investigate the impact of transition and change on identities (ACPPS070 - Scootle ⧉)

📄 👥 🌀

Elaborations

examining the impact of physical changes on gender, cultural and sexual identities

👥 ↻ RS MH

investigating how changing feelings and attractions are part of developing sexual identities

👥 🌀 MH RS

identifying feelings and emotions associated with transitions, and practising self-talk and help-seeking strategies to manage these transitions and associated responsibilities

👥 📄 🌀 MH S

examining how traditions and cultural practices influence personal and cultural identities

↻ 👥 🌀 MH RS

examining online profiles and identities and developing strategies to promote safety in online environments

⋰↖ 🌀 RS S
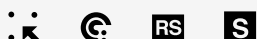
Evaluate strategies to manage personal, physical and social changes that occur as they grow older (ACPPS071 - Scootle ⧉)
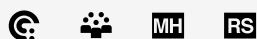
👥 🌀 📄

Elaborations

accessing and assessing health information and services that support young people to effectively manage changes and transitions as they grow older

🌀 📄 ➕ 👥 RS

investigating the changing nature of peer and family relationships and proposing strategies to manage these changes

🌀 👥 MH RS

ACARA | The Australian Curriculum
The Australian Curriculum is licensed under Creative Commons.

Page 2 of 12

analysing how roles and responsibilities change and evaluating strategies for managing these increasing responsibilities

evaluating and practising coping, communication and problem-solving skills to manage changes and emotions associated with puberty and getting older
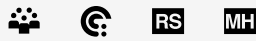
developing and evaluating strategies on use of social media, phones and the internet to remain safe and protect and respect the privacy of self and others

Practise and apply strategies to seek help for themselves or others (ACPPS072 - Scootle ↗)
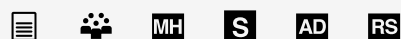
Elaborations

examining scenarios to highlight how emotions, dispositions and decision-making can affect outcomes

collaborating with peers to suggest strategies they could use in emergencies

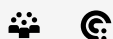practising different communication techniques to persuade someone to seek help

exploring help-seeking scenarios young people encounter and sharing strategies for dealing with each situation

demonstrating basic first-aid principles and strategies

discussing emotional responses to interactions within relationships, and proposing strategies to seek help

ACARA | The Australian Curriculum
The Australian Curriculum is licensed under Creative Commons.

Page 3 of 12

Investigate and select strategies to promote health, safety and wellbeing (ACPPS073 - Scootle ↗)

👥 ⦿ 📄

Elaborations

investigating reasons why young people choose to use or not use drugs, and proposing strategies to make informed choices

⦿ 📄 AD

researching a variety of snack and lunch options, and evaluating nutritional value, value for money and sustainability impacts to create a weekly menu plan

📄 ⦿ ➕ 🌱 FN

researching opportunities in the local community to participate in regular physical activity and examining how accessible these opportunities are for students

⦿ 📄 👥 HBPA
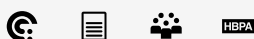
proposing and practising strategies for celebrating safely, including assertiveness, refusal skills, planning travel arrangements and contingency plans

⦿ 👥 📄 AD FN RS S

examining strategies for safe practices in different environments, including transport and aquatic environments

👥 S
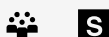
Communicating and interacting for health and wellbeing

Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074 - Scootle ↗)

👥 📄 ⦿

Elaborations

examining how individuals, family and peer groups influence people's behaviours, decisions and actions

⦿ 👥 AD RS FN MH S

understanding and applying online and social protocols to enhance relationships with others and protect their own wellbeing, including recognising and responding to inappropriate online content

👥 📄 ⦿

analysing how their relationships influence behaviours and actions

📄 ⦿ 👥 S AD RS FN HBPA MH

ACARA | The Australian Curriculum
The Australian Curriculum is licensed under Creative Commons.

Page 4 of 12

analysing how behaviours, actions, and responses to situations can change depending on whether they are by themselves, with friends or with family

recognising the impact bullying and harassment can have on relationships, including online relationships

exploring skills and strategies needed to communicate and engage in relationships in respectful ways

Analyse factors that influence emotions , and develop strategies to demonstrate empathy and sensitivity (ACPPS075 - Scootle ↗)

Elaborations

investigating personal, social and cultural factors that influence the way individuals respond emotionally to different situations

exploring different viewpoints, practising being empathetic and considering alternative ways to respond

recognising and interpreting emotional responses to stressful situations and proposing strategies for managing these responses

exploring the impact of different ways of communicating, how these impact on emotions and can show respect (or not) for self and others
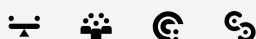
Evaluate health information and communicate their own and others' health concerns (ACPPS076 - Scootle ↗)

Elaborations

analysing the credibility of health messages conveyed by different sources in terms of bias, reliability

and validity and applying credible information to health-related decisions

practising ways to communicate concerns about their health to a variety of support people

proposing ways to support others who are going through a challenging time

developing health literacy skills while exploring and evaluating online health information that is aimed at assisting young people to address health issues
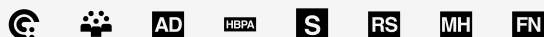
Contributing to healthy and active communities

Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities (ACPPS077 - Scootle ↗)

Elaborations

investigating preventive health practices relevant to young people, and designing and implementing health promotion activities targeting these practices

investigating food-serving recommendations from *The Australian Guide to Healthy Eating* and producing a guide to help students make healthy choices when buying food from the school canteen
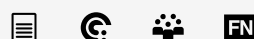
examining how different cultures value the contribution of the mind-body-spirit connection to health and wellbeing
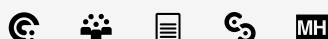
explore how spiritual connection to Country/Place enhances health and wellbeing for Aboriginal and Torres Strait Islander Peoples

Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities (ACPPS078 - Scootle ↗)

ACARA | The Australian Curriculum
The Australian Curriculum is licensed under Creative Commons.

Page 6 of 12

Elaborations

identifying local natural resources and built environments where individuals and groups can connect as a community and participate in physical and social activities

LLPA   HBPA
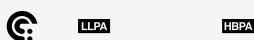
reflecting on the physical, social, emotional and spiritual benefits to health and wellbeing of being outdoors and of being active in a natural setting

LLPA   HBPA
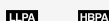
promoting an understanding of minimal-impact outdoor recreation in the local area

LLPA

exploring how a sense of connection to Country/Place sustains the health and wellbeing of Aboriginal and Torres Strait Islander Peoples and communities

MH   HBPA

Investigate the benefits to individuals and communities of valuing diversity and promoting inclusivity (ACPPS079 - Scootle ↗)
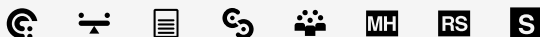
Elaborations

exploring how kinship and extended-family structures in different cultures support and enhance health and wellbeing

FN   RS

investigating how respecting diversity and challenging racism, sexism, disability discrimination and homophobia influence individual and community health and wellbeing

MH   RS   S

examining values and beliefs about cultural and social issues such as gender, race, violence, sexuality and ability and how resisting stereotypes can help students be themselves

MH   RS   S
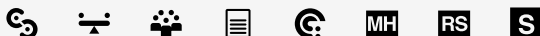
researching how stereotypes and prejudice are challenged in local, national and global contexts

RS   MH

developing strategies to challenge narrow views of gender, race, violence, sexuality, gender diversity and ability to contribute to inclusive communities

Movement and Physical Activity

Moving our body

Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations (ACPMP080 - Scootle ↗)

Elaborations

analysing their own and others' performance using ICT and implementing feedback to enhance performance

participating in activities where vision is compromised to demonstrate the importance of auditory feedback

using visual and kinaesthetic feedback when coordinating eye–hand and eye–foot movements to control different pieces of equipment

designing and performing movement sequences to create, use and defend space

composing and performing a group dance sequence in response to a piece of music or other stimuli

travelling, marking and intercepting to achieve and retain possession

designing and performing movement sequences to travel around, over, under and through natural or built obstacles

Practise, apply and transfer movement concepts and strategies with and without equipment (ACPMP082 - Scootle ↗)

ACARA | The Australian Curriculum
The Australian Curriculum is licensed under Creative Commons.

Page 8 of 12

Elaborations

examining and demonstrating the similarities of strategies used in different physical activities and how they can be transferred to new movement situations

exploring similarities in the bases of support and flow of movements when performing movement sequences

selecting strategies that have been successful previously and applying the most appropriate ones when solving new movement challenges with and without equipment
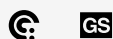
Understanding movement

Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (ACPMP083 - Scootle [↗])

Elaborations

performing physical activities that improve health- and skill-related components of fitness and analysing how the components are developed through these activities

measuring heart rate, breathing rate and ability to talk in order to monitor the body's reaction to a range of physical activities, and predicting the benefits of each activity on health- and skill-related fitness components
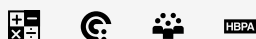
designing and monitoring a personal fitness plan that proposes realistic strategies for maintaining fitness, health and wellbeing

Demonstrate and explain how the elements of effort, space, time, objects and people can enhance movement sequences (ACPMP084 - Scootle [↗])

Elaborations

performing a range of movements and analysing technique based on understanding of take-off, body position and landing

demonstrating an understanding of how to adjust the angle of release of an object and how this will affect the height and distance of flight
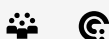
creating, performing and appraising movement sequences that demonstrate variations in flow and levels

designing and refining movement concepts and strategies to manipulate space and their relationship to other players in this space

explaining how individual or team performance has improved through modifications to effort, space and time

Participate in and investigate cultural and historical significance of a range of physical activities (ACPMP085 - Scootle ↗)
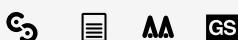
Elaborations

examining how sport, physical activity and outdoor recreation pursuits have changed over the last century as a result of different cultural groups migrating to Australia

researching and participating in a range of physical activities that were performed in the early twentieth century, such as games from the Asia region

participating in culturally significant physical activities from around the globe and exploring the links to the culture and heritage of the country of origin of these activities

Learning through movement

Practise and apply personal and social skills when undertaking a range of roles in physical activities (ACPMP086 - Scootle ↗)

Elaborations

adopting roles and responsibilities that support and enhance team cohesion and lead to successful movement outcomes

👥 🌀 GS   RS   LLPA

applying an understanding of verbal, physical and situational cues to identify and appropriately respond to the feelings and motives of others when working in a team or group

👥 GS   RS

reflecting on their role and articulating how the actions they initiated in that role led to the achievement of successful outcomes

🌀 👥 GS   LLPA   RS

undertaking various roles associated with the planning of physical activities

👥   GS   LLPA   RS

Evaluate and justify reasons for decisions and choices of action when solving movement challenges (ACPMP087 - Scootle 🗗)

🌀 👥

Elaborations

explaining and justifying the movement concepts and strategies selected in response to movement challenges

🌀 👥 RE   LLPA   GS

demonstrating to others the approach taken to solve movement challenges

👥 RE GS

identifying factors that enabled them to achieve success in movement activities and explaining how these factors can be transferred to other learning contexts

👥 🌀 RE GS   LLPA

Modify rules and scoring systems to allow for fair play, safety and inclusive participation (ACPMP088 - Scootle 🗗)
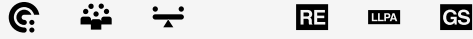
📄 ⚖ 👥 🌀

Elaborations

recognising potential hazards and selecting appropriate responses when undertaking physical activities in the natural environment

applying scoring systems in activities to assess movement performances consistently and fairly

modifying rules, equipment or scoring systems to allow all participants to enjoy and succeed

applying the principles of ethical behaviour consistently when participating in physical activities