



Australian Curriculum: 2024 Health and Physical Education Years 3 to 4

CURRICULUM	YEAR 3				YEAR 4			
	SEMESTER 1		SEMESTER 2		SEMESTER 1		SEMESTER 2	
	Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4
Health Unit	Unit 1: Good friends		Unit 2: I am healthy and active		Unit 1: Online Safety		Unit 2: Making healthy choices	
Physical Education Unit	Unit 1: Scoot, Scoot	Unit 2: Athletics	Unit 3: NukemBall	Unit 4: Basketball	Unit 1: X Country/ Futsal	Unit 2: Athletic spectacle	Unit 3: AFL	Unit 4: Basketball

ASSESSMENT		YEAR 3				YEAR 4				
		SEMESTER 1		SEMESTER 2		SEMESTER 1		SEMESTER 2		
Range and balance of summative assessment conventions	Health	Assessment	Good friends		I am healthy and active		Online Safety		Making healthy choices	
		Technique	Project	Exam	Project	Project	Project	Exam	Exam	Project
		Type of text	Short response	Short response	Short response	Short response	Information report	Short response	Short response	Short response
		Mode	Written	written	Written	Written	Multimodal	written	written	Written
	PE	Assessment	Scoot, scoot	Athletics	NukemBall	Basketball	X Country/ Futsal	Athletic spectacle	AFL	Basketball
		Technique	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
		Type of text	Demonstration	Demonstration	Demonstration	Demonstration	Demonstration	Demonstration	Demonstration	Demonstration
		Mode	Physical	Physical	Physical	Physical	Physical	Physical	Physical	Physical
Aspects of the achievement standard										
recognise strategies for managing change										
identify influences that strengthen identities										
investigate how emotional responses vary and understand how to interact positively with others in a variety of situations										
interpret health messages and discuss the influences on healthy and safe choices										
understand the benefits of being healthy and physically active										
describe the connections they have to their community and identify local resources to support their health, wellbeing, safety and physical activity										
apply strategies for working cooperatively and apply rules fairly										
use decision-making and problem-solving skills to select and demonstrate strategies that help them stay safe, healthy and active										
refine fundamental movement skills and apply movement concepts and strategies in a variety of physical activities and to solve movement challenges										
create and perform movement sequences using fundamental movement skills and the elements of movement										

Shaded cells indicate opportunities that summative assessments provide for students to demonstrate evidence against all aspects of the achievement standard



		SEMESTER 1		SEMESTER 2	
		Term 1	Term 2	Term 3	Term 4
Content Descriptions					
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				

