

Australian Curriculum Version 9: Health and Physical Education

Years 3 and 4 2026



Sequence of units	Year 3 Semester 1	Year 3 Semester 2	Year 4 Semester 1	Year 4 Semester 2
Unit name	Unit 1: Managing changes and understanding influences on behaviours	Unit 2: Adapting movement strategies and interpreting health information	Unit 3: Applying protective behaviours and help-seeking strategies in online and offline situations	Unit 4: Examining factors that influence participation and interpreting health information
Unit description	<p>Students identify the influences that strengthen identities as they grow older and develop a greater understanding of themselves and others. They develop respectful practices, such as developing cultural awareness, and describe how inclusion and stereotypes can influence decision making and actions.</p> <p>Through context-specific and real-world experiences, students explore and describe self-regulation strategies to manage responses to physical, social and emotional changes and transitions.</p>	<p>Students interpret health information and messages and reflect on how they affect decisions and behaviours to enhance their health, safety, relationships and wellbeing.</p> <p>Students refine and combine fundamental movement skills to create a movement sequence. They demonstrate application of movement concepts to movement sequences across a range of situations.</p> <p>Through identified movement contexts such as games and sports, students build on previously learnt skills, adapt movement strategies and trial different techniques and combinations to apply movement sequences to unfamiliar situations.</p> <p>Students select, use and refine personal and social skills to demonstrate fair play and inclusion and manage and strengthen relationships.</p>	<p>Students describe how inclusion and stereotypes shape their behaviours and decision making. They practise and explore actions they can take when faced with challenges, such as instances of hurt or disrespect, or when seeking, giving and denying permission.</p> <p>Through participation in real-world scenarios and role-plays, students describe and apply protective behaviours and help-seeking strategies using collaboration, communication and decision-making skills. They rehearse and refine these strategies in a range of online and offline situations to keep themselves and others safe.</p>	<p>Students explore the factors that influence people to participate in regular physical activity and propose strategies to incorporate regular physical activity into their daily lives.</p> <p>Students interpret health information and messages and apply behaviours and decisions to enhance their capacity to take responsibility for their own and others' health, safety relationships and wellbeing.</p> <p>Through participation in a range of games and sports, students apply fundamental movement skills and demonstrate movement concepts.</p> <p>Students select, use and refine personal and social skills in a range of roles to demonstrate fair play and inclusion and manage and strengthen relationships.</p>
Focus areas/s	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mental health and wellbeing <input checked="" type="checkbox"/> Relationships and sexuality 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Fundamental movement skills <input checked="" type="checkbox"/> Games and sports <input checked="" type="checkbox"/> Food and nutrition 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Mental health and wellbeing <input checked="" type="checkbox"/> Relationships and sexuality <input checked="" type="checkbox"/> Safety 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Health benefits of physical activity <input checked="" type="checkbox"/> Safety <input checked="" type="checkbox"/> Fundamental movement skills <input checked="" type="checkbox"/> Games and sports

Assessment	Unit 1	Unit 2	Unit 3	Unit 4	
	Assessment task 1.1	Assessment task 2.1	Assessment task 3.1	Assessment task 4.1	
Range and balance of assessment conventions	Technique	Short response	Performance/Presentation	Short response	Project
	Mode	<input checked="" type="checkbox"/> Written <input checked="" type="checkbox"/> Spoken/Signed	<input checked="" type="checkbox"/> Spoken/Signed <input checked="" type="checkbox"/> Written <input checked="" type="checkbox"/> Practical	<input checked="" type="checkbox"/> Written	<input checked="" type="checkbox"/> Multimodal <input checked="" type="checkbox"/> Practical
	Conditions	<input checked="" type="checkbox"/> Access to resources <input checked="" type="checkbox"/> Individual task	<input checked="" type="checkbox"/> Access to resources <input checked="" type="checkbox"/> Individual task	<input checked="" type="checkbox"/> Access to resources <input checked="" type="checkbox"/> Individual task	<input checked="" type="checkbox"/> Access to resources <input checked="" type="checkbox"/> Individual task

Aspects of the achievement standard	Shaded cells indicate aspects covered in the assessment			
Personal, social and community health ☼				
identify influences that strengthen identities and describe strategies to manage emotions, changes and transitions	Assessment task 1.1			
apply skills and strategies to interact respectfully with others	Monitoring strategies			
describe the influences that inclusion and stereotypes have on choices and actions	Assessment task 1.1		Assessment task 3.1	
describe and apply protective behaviours and help-seeking strategies to keep themselves and others safe online and offline			Assessment task 3.1	
interpret health information to apply strategies to enhance their own and others' health, safety, relationships and wellbeing		Assessment task 2.1		Assessment task 4.1
Movement and physical activity ☼				
apply fundamental movement skills and demonstrate movement concepts across a range of situations		Assessment task 2.1		Assessment task 4.1
adapt movement strategies to enhance movement outcomes		Assessment task 2.1		
examine factors that influence participation and propose strategies to incorporate regular physical activity into their own and others' lives				Assessment task 4.1
demonstrate fair play and inclusion through a range of roles in movement contexts		Monitoring strategy		Monitoring strategy