



Australian Curriculum: 2024 Health and Physical Education Years 5 to 6

CURRICULUM	YEAR 5				YEAR 6			
	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: Emotional interactions		Unit 2: Growing up		Unit 1: Who influences me?		Unit 2 Lets all be Active	
Physical Education Unit	Unit 1: X Country/ Volleyball	Unit 2: Athletics	Unit 3: AFL	Unit 4: European Handball	Unit 1: X Country/ Volleyball	Unit 2: Athletics	Unit 3: AFL	Unit 4: European Handball

ASSESSMENT		YEAR 5				YEAR 6				
		SEMESTER 1		SEMESTER 2		SEMESTER 1		SEMESTER 2		
Range and balance of summative assessment conventions	Health	Assessment	Emotional interactions			Growing up	Who influences me?			Lets all be Active
		Technique	Project	Project	Project	Project	Exam	Project	Exam	Exam
		Type of text	Written	Written	Written	Written	Written	Written	Written	Written
		Mode	Short response	Short response	Short response	Multimodal	Short response	Multimodal	Short response	Short response
	PE	Assessment	X Country/ Volleyball	Athletics	AFL	European Handball	X Country/ Volleyball	Athletics	AFL	European Handball
		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											
investigate developmental changes and transitions											
explain the influence of people and places on identities											
recognise the influence of emotions on behaviours and discuss factors that influence how people interact											
describe their own and others' contributions to health, physical activity, safety and wellbeing											
describe the key features of health-related fitness and the significance of physical activity participation to health and wellbeing											
examine how physical activity, celebrating diversity and connecting to the environment support community wellbeing and cultural understanding											
demonstrate fair play and skills to work collaboratively											
access and interpret health information and apply decision-making and problem-solving skills to enhance their own and others' health, safety and wellbeing											
perform specialised movement skills and sequences and propose and combine movement concepts and strategies to achieve movement outcomes and solve movement challenges											
apply the elements of movement when composing and performing movement sequences											

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



		Year 5				Year 6			
		Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4
Content Descriptions									
Personal, social and community health	Being healthy, safe and active								
	Examine how identities are influenced by people and places								
	Investigate resources and strategies to manage changes and transitions associated with puberty								
	Investigate community resources and ways to seek help about health, safety and wellbeing								
	Plan and practise strategies to promote health, safety and wellbeing								
	Communicating and interacting for health and wellbeing								
	Practise skills to establish and manage relationships								
	Examine the influence of emotional responses on behaviour and relationships								
	Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours								
	Contributing to healthy and active communities								
	Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities								
	Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments								
	Identify how valuing diversity positively influences the wellbeing of the community								
	Movement and physical activity	Moving our body							
Practise specialised movement skills and apply them in a variety of movement sequences and situations									
Propose and apply movement concepts and strategies with and without equipment									
Understanding movement									
Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing									
Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences									
Participate in physical activities from their own and others' cultures, and examine how involvement creates community connections and intercultural understanding									
Learning through movement									
Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities									
Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges									
Demonstrate ethical behaviour and fair play that aligns with rules when participating in a range of physical activities									

