

Australian Curriculum - Year 7 & 8

Achievement standard extracts
 Students evaluate the impact on wellbeing of relationships and valuing diversity. They analyse factors that influence emotional responses. They investigate strategies and practices that enhance their own and others' health, safety and wellbeing. They investigate and apply movement concepts and select strategies to achieve movement and fitness outcomes. They examine how connecting to the environment can enhance health and wellbeing. Students apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity. They demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others' health, safety and wellbeing. Students demonstrate control and accuracy when performing specialised movement sequences and skills. They apply movement concepts and refine strategies to suit different movement situations.

Content Descriptions

Personal, Social & Community Health - Being healthy, safe and active

Practise and apply strategies to seek help for themselves or others ([ACPPS072](#))

Investigate and select strategies to promote health, safety and wellbeing ([ACPPS073](#))

Personal, Social & Community Health - 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](#))

Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity ([ACPPS075](#))

Personal, Social & Community Health - Contributing to healthy and active communities

Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities ([ACPPS078](#))

Movement and Physical Activity - Moving our body

Practise, apply and transfer movement concepts and strategies with and without equipment ([ACPMPO82](#))

Movement and Physical Activity - Learning through movement

Practise and apply personal and social skills when undertaking a range of roles in physical activities ([ACPMPO86](#))

Modify rules and scoring systems to allow for fair play, safety and inclusive participation ([ACPMPO88](#))

Daradgee specific elaborations

Practise and apply strategies to seek help for themselves or others

- explore how teams work together in collaborative problem-solving challenges eg. communication, teamwork, decision-making, predicting outcomes, managing emotions as experienced in Race for Survival
- debrief personal and groups successes, failures, emotional responses
- collaborate with peers to suggest improvement strategies

Investigate and select strategies to promote health, safety and wellbeing

- establish boundaries and determine strategies to ensure safe and fair competition eg. rules & responsibilities, being competitive while encouraging others, being inclusive, supporting SWD, anxiety and autism

Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing

- debrief how positive behaviours, actions, and responses to challenges can influence relationships eg. self and others' wellbeing, positive communication, respectful relationships

Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity

- debrief how emotional responses to stressful situations develop and ways they could be supported eg. proposing strategies to manage responses, exploring different viewpoints, practicing empathy, communicating respectfully

Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities

- explore how working together in non-classroom settings to solve challenges benefits the individual and the team eg. experience success, a sense of achievement, improved teamwork, resilience

Practise, apply and transfer movement concepts and strategies with and without equipment

- select and adapt concepts and strategies when solving new challenges
- choose and adapt familiar skills and abilities to solve new challenges eg. trial a HPE First Aid idea for rescuing a 'patient' in Race for Survival

Practise and apply personal and social skills when undertaking a range of roles in physical activities

- adopt roles and responsibilities to solve challenges that support and enhance team cohesion and lead to successful physical outcomes eg. planning, understanding, sharing ideas and responding to cues

Modify rules and scoring systems to allow for fair play, safety and inclusive participation

- modify challenge rules, equipment or scoring systems to allow all participants to achieve success, enjoyment eg. identify challenges, encourage supportive, ethical behaviours, optimise participation