

CURRICULUM SUPPORT CHARTS

PLUS: Both charts provide a list of additional resources to further assist you in delivering engaging, high quality lessons

Our team has developed two resources to assist you with planning and implementing the **F – 10 Health and Physical Education curriculum.**

These resources are mapped to the **Victorian Curriculum** and provide fresh ideas and examples to compliment your delivery of the 104 content descriptors across the **Personal, Social and Community Health** and **Movement and Physical Activity** strands of the F – 10 Health and Physical Education curriculum. These charts will support the development and delivery of the curriculum in your school.

Personal, Social and Community Health Chart

Each of the 55 content descriptors in the Personal, Social and Community Health strand of the HPE curriculum are listed with learning activities and discussion questions to assist in delivering this content. For each content descriptor, the chart identifies the relevant achievement standard for assessment, focus area/s and capability outcome.

FOUNDATION LEVEL		LEVELS 1 AND 2	
IDENTIFY PERSONAL STRENGTHS		DESCRIBE THEIR OWN STRENGTHS AND ACHIEVEMENTS AND THOSE OF OTHERS, AND IDENTIFY HOW THESE CONTRIBUTE TO PERSONAL IDENTITIES	
FOCUS AREA: AC:HA:VBA:HL:R:1		FOCUS AREA: AC:HA:VBA:HL:R:1F	
CAPABILITY OUTCOME: PC:1.1.1.1.1.1.1		CAPABILITY OUTCOME: PC:2.1.1.1.1.1.1	
QUESTIONS AND ACTIVITIES		QUESTIONS AND ACTIVITIES	
<p>What are your strengths?</p> <p>What are your personal strengths?</p> <p>How can you use your personal strengths to help yourself and other people?</p> <p>Students complete a task... (Students describe their personal strengths e.g. I am strong, I can swim, I can dance, I can play the guitar, I can cook.)</p> <p>Students think about when they might feel nervous or scared (e.g. first day at school, What can come up?) and can work through this?</p>	<p>What skills/knowledge have I gained since I began school?</p> <p>What skills/knowledge do you have, which help you to be a good friend, a good team member, a loving son or daughter?</p> <p>I am a good friend because I...</p> <p>I am a loving son/daughter because I...</p> <p>I am a loving son/daughter because I...</p> <p>What other skills might help me to work/learn better with others?</p> <p>Do I have these strengths too?</p> <p>Who can we use our strengths to be successful in games/sports activities?</p> <p>Describe what a skill is (e.g. to swim).</p> <p>Identify strengths in others (classmates, teachers, other students). What strengths help the teacher/person do their job?</p> <p>Describe students with 'talent', 'giftedness' and/or those that excel (e.g. I can swim, I can read, etc.)</p>		
ACHIEVEMENT STANDARD		ACHIEVEMENT STANDARD	
Recognise how they are growing and changing.		Recognise how strengths and achievements contribute to identities.	

LEARN THE IMPORTANCE OF POSITIVE RESPONSES ON BEHAVIOUR, RELATIONSHIPS AND HEALTH AND WELLBEING		LEARN THE BENEFITS OF POSITIVE RESPONSES ON BEHAVIOUR, RELATIONSHIPS AND HEALTH AND WELLBEING	
FOCUS AREA: AC:HA:VBA:HL:R:1		FOCUS AREA: AC:HA:VBA:HL:R:1	
CAPABILITY OUTCOME: PC:1.1.1.1.1.1.1		CAPABILITY OUTCOME: PC:1.1.1.1.1.1.1	
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Movement and Physical Activity Chart

Each of the 49 content descriptors in the Movement and Physical Activity strand have been carefully considered and a suite of ideas to assist in delivering this content has been provided for you. The chart identifies each sub-strand, focus area, capability outcome and achievement standard relevant to the content descriptor.

LEVELS 7 AND 8		LEVELS 9 AND 10	
IDENTIFY PERSONAL STRENGTHS		DESCRIBE THEIR OWN STRENGTHS AND ACHIEVEMENTS AND THOSE OF OTHERS, AND IDENTIFY HOW THESE CONTRIBUTE TO PERSONAL IDENTITIES	
FOCUS AREA: AC:HA:VBA:HL:R:1		FOCUS AREA: AC:HA:VBA:HL:R:1F	
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QUESTIONS AND ACTIVITIES		QUESTIONS AND ACTIVITIES	
<p>What are your strengths?</p> <p>What are your personal strengths?</p> <p>How can you use your personal strengths to help yourself and other people?</p> <p>Students complete a task... (Students describe their personal strengths e.g. I am strong, I can swim, I can dance, I can play the guitar, I can cook.)</p> <p>Students think about when they might feel nervous or scared (e.g. first day at school, What can come up?) and can work through this?</p>	<p>What skills/knowledge have I gained since I began school?</p> <p>What skills/knowledge do you have, which help you to be a good friend, a good team member, a loving son or daughter?</p> <p>I am a good friend because I...</p> <p>I am a loving son/daughter because I...</p> <p>I am a loving son/daughter because I...</p> <p>What other skills might help me to work/learn better with others?</p> <p>Do I have these strengths too?</p> <p>Who can we use our strengths to be successful in games/sports activities?</p> <p>Describe what a skill is (e.g. to swim).</p> <p>Identify strengths in others (classmates, teachers, other students). What strengths help the teacher/person do their job?</p> <p>Describe students with 'talent', 'giftedness' and/or those that excel (e.g. I can swim, I can read, etc.)</p>		
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UNDERSTANDING MOVEMENT		MOVING THE BODY'S BUILT-UP TO PERFORMANCE (PHYSICAL SKILLS)	
FOCUS AREA: AC:HA:VBA:HL:R:1		FOCUS AREA: AC:HA:VBA:HL:R:1	
CAPABILITY OUTCOME: PC:1.1.1.1.1.1.1		CAPABILITY OUTCOME: PC:1.1.1.1.1.1.1	
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PURCHASE BOTH CHARTS IN A SET FOR \$100

Curriculum Support Charts Order Form

You will receive the Hard Copy along with access to the online version.

School Name:

Your Name:

Are you an ACHPER Member? YES NO

School Address:

Suburb: Postcode:

Email Address:

Phone: Purchase Order Number (*compulsory*):

INDIVIDUAL PERSONAL, SOCIAL AND COMMUNITY HEALTH RESOURCE

Quantity	Member	Non-Member	TOTAL
<input style="width: 80px; height: 30px;" type="text"/>	1 copy FREE	\$60	\$ _____

INDIVIDUAL MOVEMENT AND PHYSICAL ACTIVITY RESOURCE

Quantity	Member	Non-Member	TOTAL
<input style="width: 80px; height: 30px;" type="text"/>	1 copy FREE	\$60	\$ _____

PERSONAL, SOCIAL AND COMMUNITY HEALTH RESOURCE AND MOVEMENT AND PHYSICAL ACTIVITY RESOURCE SET

Quantity	Member	Non-Member	TOTAL
<input style="width: 80px; height: 30px;" type="text"/>	1 SET FREE	\$100	\$ _____

TOTAL COST OF THIS ORDER: \$ _____
(all prices include GST, postage and handling)

Contact the office on (03) 9274 8900 for any queries.