

# MAPPING CHALLENGES AND CHOICES TO THE WESTERN AUSTRALIAN HEALTH AND PHYSICAL EDUCATION SYLLABUS

## K/PP

The Health and Physical Education syllabus comprises two strands:

- Personal, social and community health
- Movement and physical activity.

School Drug Education and Road Aware's (SDERA) *Challenges and Choices* resources deliver some of the content included in the *Personal, social and community health* strand through a resilience, road safety, and alcohol and other drugs education context.

Within this strand, content is organised under three interrelated sub-strands. These are:

### PERSONAL, SOCIAL AND COMMUNITY HEALTH

#### Being healthy, safe and active

The content in this sub-strand focuses on supporting students to make decisions about their own health, safety and wellbeing and build their resilience through developing knowledge, understanding and skills. Additionally, the content explores identities and emotions and looks at the contexts that can impact and influence students' health, safety and wellbeing.

#### Communicating and interacting for health and wellbeing

The content in this sub-strand helps students to develop knowledge, understanding and skills to enable them to critically engage with a range of health concepts and issues and apply this new information to their changing circumstances and environments.

#### Contributing to healthy and active communities

The content in this sub-strand informs students so they are able to selectively access information, products, services and environments and critically analyse contextual factors that influence the health and wellbeing of communities.

The *Challenges and Choices* mapping documents have been completed addressing the content descriptors within each sub-strand and using ALL tasks and questions as written in each lesson activity. Whilst we encourage the modification and/or the sourcing of additional resources to support and enhance the learning experience and address the local context, if activities are modified this may affect the applicability of the mapping.

Content descriptor elaborations have not been used in the mapping of the *Challenges and Choices* resources.



### Mapping *Challenges and Choices* Health and Physical Education

ACTIVITY	FOCUS AREA 1 Resilience and wellbeing								
	1	2	3	4	5	6	7	8	9
<b>BEING HEALTHY, SAFE AND ACTIVE</b>									
Personal strengths of individuals (ACPPS001)	●	●	●	●	●	●	●	●	●
The different parts of the body and where they are located (ACPPS002)	●	●	●	●	●	●	●	●	●
Protective behaviour to keep safe and healthy, saying 'no', moving away, telling an adult, asking for help (ACPPS003)	●	●	●	●	●	●	●	●	●
Trusted people in the community who can help individuals feel safe (ACPPS003)	●	●	●	●	●	●	●	●	●
<b>COMMUNICATING AND INTERACTING FOR HEALTH AND WELLBEING</b>									
Personal and social skills to interact with others; expressing needs, wants and feelings; active listening; self-discipline (ACPPS005)	●	●	●	●	●	●	●	●	●
Emotional responses individuals may experience in different situations, such as feeling: happy; sad; excited; tired; angry; scared and confused (ACPPS004)	●	●	●	●	●	●	●	●	●
Appropriate language and actions to communicate feelings in different situations (ACPPS006)	●	●	●	●	●	●	●	●	●
<b>CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES</b>									
Actions that promote health, safety and wellbeing, such as: eating healthy food, practising appropriate personal hygiene routines, identifying household substances that can be dangerous, following safety symbols and procedures (ACPPS006)	●	●	●	●	●	●	●	●	●
Safe active play in outdoor settings and the natural environment (ACPPS007)	●	●	●	●	●	●	●	●	●

At the time of writing and publishing the K-6 *Challenges and Choices* resources the Western Australian Health and Physical Education Syllabus was not created. To further support resilience, road safety and alcohol and other drugs education, these mapping documents have been developed to assist teachers and schools deliver the engaging and age-appropriate learning experiences included in the K-6 *Challenges and Choices* resources.

