

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

YEAR 1

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

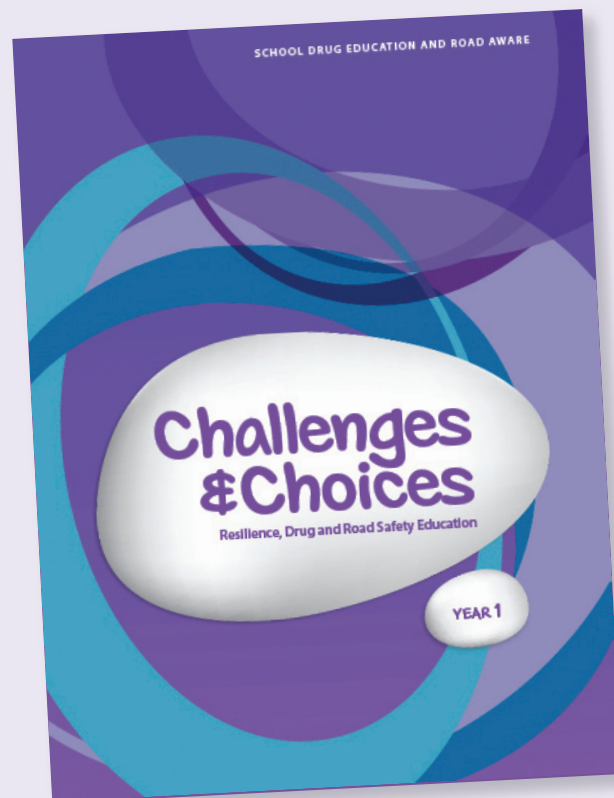
The content in this sub-strand focuses on supporting students to make decisions about their own health, safety and wellbeing and build their resilience through developing knowledge, understanding and skills. Additionally, the content explores identities and emotions and looks at the contexts that can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



Mapping Challenges and Choices to
Health and Physical Education Syllabus

ACTIVITY	FOCUS AREA 1 Resilience and wellbeing									FOCUS AREA 2 Drug education			
	1	2	3	4	5	6	7	8	9	1	2	3	4
BEING HEALTHY, SAFE AND ACTIVE													
Personal strengths and how these change over time (ACPPS015)													
The strengths of others and how they contribute to positive outcomes, such as games and physical activities (ACPPS015)	•			•	•		•	•	•				
Ways in which the body changes as individuals grow older (ACPPS016)													
Strategies to use when help is needed, such as: dialling 000 in an emergency, reading basic safety signs, accessing a safety house or a trusted network, asking a trusted adult (ACPPS017)			•		•	•		•			•	•	•
The benefits of healthy eating and regular physical activity on health and wellbeing (ACPPS018)													
COMMUNICATING AND INTERACTING FOR HEALTH AND WELLBEING													
Appreciation and encouragement of the behaviour of others through the use of: manners, positive language praise (ACPPS019)	•		•				•	•	•				
Positive ways to react to their own emotions in different situations, such as: walking away, seeking help, remaining calm (ACPPS020)	•	•	•	•	•	•	•	•	•	•			
Ways health messages are communicated on: television, posters, radio (ACPPS021)													•
CONTRIBUTING TO HEALTHY AND ACTIVE COMMUNITIES													
Actions that support a safe classroom, such as: moving around safely, sharing appropriately, following class rules (ACPPS022)	•	•	•	•	•	•	•	•	•	•	•	•	•
Physical activities that can take place in natural settings in the local community (ACPPS023)													

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 teachers in their delivery of 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.

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* to the Western Australian Curriculum

Health and Physical Education Syllabus – Year 1

ACTIVITY	FOCUS AREA 1 Resilience and wellbeing									FOCUS AREA 2 Drug education								FOCUS AREA 3 Passenger safety								FOCUS AREA 4 Pedestrian safety									FOCUS AREA 5 Safety on wheels																														
	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8																							
BEING HEALTHY, SAFE AND ACTIVE																																																																	
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Physical activities that can take place in natural and built settings in the local community (ACPPS023)																																																																	