

Health

2 elements, 13 sub elements

SUB ELEMENTS	Phase 1 Years 0–3	Phase 2 Years 4–6	Phase 3 Years 7–8	Phase 4 Years 9–10
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 Physical and mental health				
 Approaches to health				
 Body care				
 Nutrition				
 Alcohol and other drugs				
 Mental health				
 Online safety				
 Puberty				
 Sexual health				

 Relationships and society	Relationships in Phases 1–2			
 Relationships				
 Boundaries and safety				
 Consent				
 Inclusive communities				
 Sexual relationships				

Health practices	Taught across both elements, Phases 1–4			
 Describe a health and well-being situation				
 Use evidence to explain influences on health and well-being				
 Select, evaluate, and justify actions to maintain or enhance health and well-being				

Physical Education

2 elements, 7 sub elements

SUB ELEMENTS	Phase 1 Years 0–3	Phase 2 Years 4–6	Phase 3 Years 7–8	Phase 4 Years 9–10
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 Movement				
 The moving body				
 Water safety				
 Skill acquisition				
 Psychology of movement				

 Active participation				
 Participating with others				
 Social and cultural influences				
 Outdoor education				

READING THIS SHEET

-  The sub element has knowledge and practice statements in that phase
-  No statements in that phase

Colours match the HPE Curriculum Navigator.