

Topic	KnowledgeThe facts, concepts, principles, and theories to teach	PracticesThe skills, strategies, and applications to teach
Movement The moving body	5K1 People adjust forces while moving to maintain stability and balance in response to environmental conditions (e.g. bending joints to absorb force on landing, adjusting stance on uneven surfaces). 5K2 The intensity and duration of movement impacts effort and energy and can improve fitness. 5K3 People adjust skills for different environments (e.g. cross-country running vs track running). 5K4 Physical states (e.g. fatigue, energy, hydration, muscle readiness, fitness) affect how well movement is controlled and performed (e.g. faster reactions when rested).	5P1 Experiment with combinations of movements (e.g. twisting, pushing, pivoting) to develop responses to the environment that maintain balance and stability (e.g. parkour obstacle course, benchball). 5P2 Participate in games, activities, or modified sports at varying intensities and durations to adjust effort and technique in response to fatigue (e.g. relays with walking, hopping, or sprinting). 5P3 Participate in regular activity to improve fitness. 5P4 Determine how personal movement is influenced by physical states (e.g. describing how the body feels before, during, and after physical activity, adjusting pace, or strategies when fatigued).
Movement Skill acquisition	5K5 Physical skills can be transferred and adapted across a range of activities, games, sports, and environments. 5K6 Practice improves consistency, confidence, and performance. 5K7 Experience in a variety of physical activities and environments broadens the application of skills.	5P5 Pass, dribble, catch, shoot, and move into space in team games, using simple attacking and defending strategies to support teammates and create scoring opportunities (e.g. passing to keep possession, dodging an opponent, intercepting a pass, or shooting at a goal). 5P6 Serve, send, receive, and return a ball in games, using movement, positioning, and teamwork to keep the ball in play and win points (e.g. serving over a net, moving to receive a ball, or working with a partner in a rally). 5P7 Run, jump, throw, chase, and retrieve objects with control and coordination, using different techniques to improve performance (e.g. sprinting, cross-country running, long jump, relay games, or throwing for distance and accuracy).
Movement Water safety	Water safety statements cover the whole of Phase 2 (Years 4–6) and are not split by year. See the Water Safety sheet for Phases 1–2.	
Active participation Participating with others	5K8 Tactics can be used in games to control play, including attacking and defending. Effective use of tactics involves working with others, communicating, and responding to the actions of teammates and opponents. 5K9 Strategies in games and physical activity support cooperation and competition in team activities (e.g. passing to keep possession, timing moves with others). 5K10 Communication and role awareness (e.g. leader, navigator, recorder) support group coordination in activities, games, and modified sports. 5K11 Basic rules, conventions, and modifications ensure gameplay flows safely and that everyone can contribute.	5P8 Apply movement decisions, tactics, and strategies (e.g. attacking, defending, passing, positioning, timing with others) in response to the movement and position of others to create or limit space and control play. 5P9 Coordinate group games and physical activities through roles and communication strategies to maintain flow, ensure safe participation, and enable effective cooperation and competition.
Active participation Social and cultural influences	5K12 In group, community, and social sports and activities shared identity and values are expressed through aspects such as traditions, uniforms, and social tournaments. 5K13 Participation opportunities can differ depending on access to spaces or the suitability of equipment.	5P10 Negotiate expectations of behaviours and attitudes that reflect group membership and shared identity in group sports, games, or physical activity settings. 5P11 Review how the physical environment (e.g. school grounds) and access to equipment impact participation for others.
Active participation Outdoor education	5K14 Different outdoor environments require different preparation because conditions and hazards vary (e.g. wearing sturdy footwear for bush tracks, using sun protection for open spaces, checking tides near the coast). 5K15 Experiences in outdoor environments help people learn about themselves and others such as how they feel, what they are good at, what they find challenging, how they work with others, and how they respond when things are new or difficult.	5P12 Match preparation choices to different outdoor environments, conditions, and hazards. 5P13 Reflect on experiences in outdoor environments and describe connections made to environments and others.