

## Year 6: Health and Physical Education

### Overview

#### Western Australian Curriculum

### Year 6 Health

#### Content strands

Personal, social and community health	
Movement and physical health	

#### Content Descriptions

#### Personal, social and community health

#### Being healthy, safe and active

Ways that personal identities change over time ([ACPPS051](#))

Strategies and resources to understand and manage the changes and transitions associated with puberty, such as:

minimising and managing conflict  
recognising and building self-esteem  
selecting and managing relationships ([ACPPS052](#))

Criteria that can be applied to sources of information to assess their credibility ([ACPPS053](#))

Strategies that promote a healthy lifestyle, such as:

refusing medicines, tobacco, alcohol or other drugs  
improving the nutritional value in meals  
increasing physical activity  
being safe in an online environment ([ACPPS054](#))

#### Communicating and interacting for health and well being

Skills to establish and manage positive relationships, such as:

showing respect and empathy  
being cooperative  
actively listening  
being trustworthy  
accepting differences ([ACPPS055](#))

Situations in which emotions can influence decision-making:

in peer group  
with friends  
with family  
during sporting or physical activities ([ACPPS056](#))

<b>Contributing to healthy and active communities</b>	
Preventive health measures that can promote and maintain community health, safety and wellbeing, such as: creating social connections for better mental health meeting physical activity recommendations ( <a href="#">ACPPS058</a> )	
<b>Movement and physical activity</b>	
<b>Moving our body</b>	
Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and control ( <a href="#">ACPMP061</a> ; <a href="#">ACPMP065</a> )	
Linking of fundamental movement skills to specific skills used in organised games, sports and activities, such as linking kicking to passing and shooting in soccer ( <a href="#">ACPMP061</a> ; <a href="#">ACPMP065</a> )	
Basic strategies and tactics to successfully achieve an offensive or defensive outcome or goal: use of appropriate skills spatial awareness relationship to and with objects, people and space ( <a href="#">ACPMP063</a> )	
<b>Understanding movement</b>	
Benefits of regular physical activity and physical fitness to health and wellbeing: control of weight and blood fats, such as cholesterol improved concentration ( <a href="#">ACPMP064</a> )	
The manipulation and modification of the elements of effort, space, time, objects and people, and their effects on movement skills ( <a href="#">ACPMP065</a> )	
<b>Learning through movement</b>	
Interpersonal skills in physical activities, such as: encouragement of others negotiation and sharing roles and responsibilities dealing with conflicts and disagreements ( <a href="#">ACPMP067</a> )	
Solutions to movement challenges through the use of basic strategies and tactics ( <a href="#">ACPMP068</a> )	
Modification of rules and scoring systems in physical activities to create a more inclusive game and fairer contest ( <a href="#">ACPMP069</a> )	

**General Capabilities and Cross Curriculum Priorities**

<b>General capabilities</b>	
Literacy	
Numeracy	
Information and communication technology (ICT) capability	
Critical and creative thinking	
Personal and social capability	
Ethical understanding	
Intercultural understanding	

<b>Cross-curriculum priorities</b>	
Aboriginal and Torres Strait Islander histories and cultures	
Asia and Australia's engagement with Asia	
Sustainability	

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