

Tallebudgera Beach School Day Programs - HPE Essential Learning Outcomes

Health

- Health is multidimensional and influenced by individual, group and community actions and environments.

Concepts	<i>Key learning areas Upper Primary</i>	3 Day Adventure	Canoe Survivor	Body boarding Surf Awareness	Leadership Initiatives	Olympic Teambuilding
Personal Health Dimensions	* Demonstrates basic first aid procedures including calling for help, gaining / signalling for assistance, controlling bleeding, ice, cpr, etc	❖	❖	❖		
Healthy Choices ...decision making	*Assesses the safety of situations in home, school, water and outdoor environments and identifies appropriate responses to manage risk and avoid harm including maritime safety and/or safety in the bush.	❖	❖	❖	❖	❖
...personal safety	*Discusses how they have a responsibility for the safety of themselves and others. *Predict risks and benefits from a range of choices.	❖ ❖	❖ ❖	❖ ❖	❖ ❖	❖ ❖

Personal Development

- Beliefs, behaviours and social and environmental factors influence relationships and self-management and shape personal development.

Concepts	<i>Key learning areas Upper Primary</i>	3 Day Adventure	Canoe Survivor	Body boarding Surf Awareness	Leadership Initiatives	Olympic Teambuilding
Relationships and Communicating	*Communicates their point of view by making and defending decisions, both independently and as part of the group. *Investigates how to deal with positive and negative comments from peers without becoming angry. *Manages conflict through strategies (e.g. re-evaluating personal position, self-monitoring voice tone and volume, separating the person from the issue).	❖ ❖	❖ ❖		❖ ❖	❖ ❖
Self Managing & Resilience	* Discusses how to recognise signs of stress and demonstrates strategies to cope with intense emotions (e.g. prioritising tasks, taking preventative action, focusing on things that can be changed).	❖	❖	❖	❖	❖

Physical Activities

- Fundamental and specialised movement skills, movement concepts, tactics and strategies are elements of physical activities

<i>Concepts</i>	<i>Key learning areas Upper Primary</i>	3 Day Adventure	Canoe Survivor	Body boarding Surf Awareness	Leadership Initiatives	Teamwork Tablets
Acquiring and Mastering Skills	<p>*Demonstrates correctly a wide range of movement skills and competently combines skills into specialised sequences (e.g. serve in tennis and volley ball, basketball lay-up).</p> <p>*Applies knowledge of complex movement concepts (e.g. over arm throw – summation of forces) to monitor and adjust own performance.</p> <p>*Participates in a range of moderate to vigorous physical activities and applies movement with increased confidence, coordination and precision</p> <p>*Demonstrates increasing confidence and competence in a range of specialised individual and team movement skills (e.g. serve and dig, dribbling and lay-up, serve and volley) in modified games.</p> <p>*Considers conditions (e.g. windy day, distance to target) and adjusts performance (e.g. force and/or angle) to enhance outcomes.</p>	❖ ❖ ❖ ❖ ❖	❖ ❖ ❖ ❖ ❖	❖ ❖ ❖ ❖ ❖	❖ ❖ ❖ ❖ ❖	❖ ❖ ❖ ❖ ❖
Participation and Skill Application	<p>*Demonstrates appropriate sports conventions (e.g. fair play, games etiquette) and safety principles.</p> <p>*Devises and implements a basic game plan.</p> <p>*Demonstrates supportive behaviours that promote the inclusion and safety of others.</p>	❖ ❖ ❖	❖ ❖ ❖	❖ ❖ ❖	❖ ❖ ❖	❖ ❖ ❖