

Primary Health and Physical Education Program Overview

The main goal of teaching Health is to provide students with knowledge and to promote the development of skills they need to create a balanced lifestyle and to carry that lifestyle throughout their life. Students will participate in a wide range of activities that will cover aspects of individual health, human development, safety issues, human relationships and nutrition. Many of these activities are open-ended and provide and provide students with an opportunity to voice their knowledge and opinions and to develop values that coincide with the religion of Islam. The aim of our class discussions will be to encourage students to develop critical thinking skills.

Overarching Learning Outcomes:

Students use language to understand, develop and communicate ideas and information and interact with others.

Students recognize when and what information is needed, locate and obtain it from a range of sources and evaluate, use and share it with others.

Students select, use and adapt technologies.

Students value and implement practices that promote personal growth and well being.

Students are self-motivated and confident in their approach to learning and are able to work individually and collaboratively.

Students recognize that everyone has the right to feel valued and be safe, and, in this regard, understand their rights and obligations and behave responsibly.

Health and Physical Education Learning Outcomes:

Knowledge and Understandings: Students know and understand health and physical activity concepts that enable informed decisions for a healthy active lifestyle.

Attitude and Values: Students exhibit attitudes and values that promote personal, family and community health, and participation in physical activities.

Self-Management Skills: Students demonstrate self-management skills which enable them to make informed decisions for healthy, active lifestyles.

Interpersonal Skills: Students demonstrate the interpersonal skills necessary for effective relationships and healthy, active lifestyles.

Area Content description and achievement standards:

Early Childhood:

In the early years this is developmental program it is concentrated on confident participation, responsible decision own and other's health and wellbeing, fundamental movement skill, competent and confident in health and physical Education, locomotive skills, body management and object control skill, playing fairly and sharing equipment, basic needs, making healthy choice for eating, the body and changes etc, social and emotional Development, protective behaviours As activities they will have role play, group work, pair work. Literature, visual aids and digital technology are used as stimulus for discussion as well as promoting interest are used as stimulus for discussion.

Early Primary to middle primary:

In the early Primary content descriptors are:

Personal, social and community health, being healthy safe and active, communicating and interacting for health and wellbeing, protective behaviours, contributing to healthy and active communities, movement and physical activity, moving bodies, understanding movement, learning through movement,.