



# H

## **The domain**

Health education supports students in adopting healthy lifestyles from an early age, and provides them with the self-regulatory skills and competencies they need to make healthy decisions and engage in health promoting behaviours.

## **Why it matters**

Teaching students the habits and skills that provide a foundation for health improves their chances for academic success. It leads to increased productivity, improved life expectancy, greater capacity to cope with life's challenges, and can reduce the risk of both chronic disease and mental illness.

## Physical activity for fitness and pleasure

- Students have the movement skills needed to participate in a range of activities.
- Students understand concepts such as body and spatial awareness, center of gravity, laws of motion and force.
- Students learn to self-reflect on their strengths and areas for improvement, set attainable and realistic goals, monitor and evaluate performance, and develop strategies to obtain goals and overcome obstacles.
- Students develop an appreciation for physical activities