

A Strengths Based Approach

A shift in approach to PDHPE

What keeps us healthy, safe, well and physically active?

It does



Value people as individuals with their own strengths, capacities and resources

Draw on existing strengths and resources to promote action and choice

Promote positive expectations for all students

Recognise varying access to resources and promote the role of community in support

It does not



Focus only on positive things

Avoid the truth or show only one side

Attempt to 'immunise' students against harmful or risky behaviours

Assume all students are demonstrating the same attitudes and behaviours

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What keeps us healthy, safe, well and physically active?

It does



Focus on what individuals and communities CAN do

Acknowledge that people experience challenges that need support and encourages positive action

Inform and guide pedagogy, learning and assessment

Build skills to promote confidence and capacity to take action to be healthy, safe, well and physically active

It does not



Use shock, fear or scare tactics to educate students

Fixate on disease, harm, inactivity or ill health and the risks for these

Ignore student voice, feedback, interests and capabilities

Assume all students learn and demonstrate their learning in the same way