

Value movement

For a lifetime of physical activity

PDHPE focuses explicitly on the value of movement, physical activity, physical literacy and physical education. It concentrates on developing the movement skills and concepts students need to participate in physical activities with confidence, creativity and competence.

Movement experiences should be driven by syllabus content and outcomes across a variety of movement and physical activity contexts.

Movement in PDHPE

Content

Movement is embedded throughout the content to build movement competence across a range of physical activities.

Skill Domain

The movement skill domain ensures movement is mapped to content to highlight authentic opportunities for development of the broad range of movement skills.

Medium for Learning

Movement provides a powerful context for learning across the curriculum and for developing interpersonal and self management skills.

Holistic Approach

Physical literacy is developed through an inclusive and holistic approach with an equal focus on movement proficiency, motivation to move, and appreciation of the value of moving.

