PREMIER’S BE ACTIVE CHALLENGE

A perfect fit with the HPE Australian Curriculum
The Premier’s be active Challenge at this age assists children to reach the following **ACHIEVEMENT STANDARDS**

- Recognise actions that help them be healthy, safe and physically active.
- Identify different settings where they can be active and how to move and play safely.
- Describe how their body responds to movement.
- Uses personal and social skills to include others in a range of activities.
- Demonstrates with guidance, practices and protective behaviours to keep themselves safe and healthy in different activities.
- Perform Fundamental Movement Skills and solve movement challenges.

**CONTENT DESCRIPTIONS**
The Challenge can be incorporated as one or a number of these Content Descriptors
1.4 1.7 1.8 1.9 1.10 1.11 1.12 1.13 1.14
(See Content Elaborations for more details)
The Premier’s be active Challenge at this age assists children to reach the following **ACHIEVEMENT STANDARDS**

- Examine messages related to health decisions and describe actions that help keep themselves and others healthy, safe and physically active.
- Identify areas where they can be active and how the body reacts to different physical activities.
- Demonstrate positive ways to interact with others.
- Select and apply strategies to keep themselves healthy and safe and are able to ask for help with tasks or problems.
- Demonstrate Fundamental Movement Skills in different movement situations and test alternatives to solve movement challenges.
- They perform movement sequences that incorporate the elements of movement.

**CONTENT DESCRIPTIONS**

The Challenge can be incorporated as one or a number of these Content Descriptors 2.5 2.9 2.11 2.12 2.13 2.14 2.15 2.16 2.17 2.18

(See Content Elaborations for more details)
The Premier’s be active Challenge at this age assists children to reach the following ACHIEVEMENT STANDARDS

- They understand the benefits of being fit and physically active.
- Describe the connections they have to their community and identify resources available locally to support their health, safety and physical activity.
- Apply strategies for working cooperatively and apply rules fairly.
- Use decision making and problem solving to select and demonstrate strategies that help them stay safe, healthy and active.
- They refine Fundamental Movement Skills and movement concepts and strategies in different physical activities and to solve movement challenges.

CONTENT DESCRIPTIONS

The Challenge can be incorporated as one or a number of these Content Descriptors

3.8  3.9  3.11  3.12  3.13  3.14  3.15  3.16  3.17  3.18

(See Content Elaborations for more details)
The Premier’s be active Challenge at this age assists children to reach the following ACHIEVEMENT STANDARDS

- Describe their own and others’ contributions to health, physical activity, safety and wellbeing.
- Describe the key features of health-related fitness and the significance of physical activity participation to health and wellbeing.
- Examine how physical activity supports community wellbeing and cultural understanding.
- Access and interpret health information and apply decision-making and problem-solving skills to enhance their own and others’ health, safety and wellbeing.
- Perform specialised movement skills and propose and combine movement concepts and strategies to achieve movement outcomes and solve movement challenges.
- Apply the elements of movement when composing and creating movement sequences.

CONTENT DESCRIPTIONS

The Challenge can be incorporated as one or a number of these Content Descriptors

4.8  4.9  4.11  4.12  4.13  4.14  4.15  4.16  4.17  4.18  4.19

(See Content Elaborations for more details)
The Premier’s be active Challenge at this age assists children to reach the following **ACHIEVEMENT STANDARDS**

- Investigate strategies and practices that enhance their own and others’ health and wellbeing.
- Investigate and apply movement concepts and strategies to achieve movement and fitness outcomes.
- Examine the cultural and historical significance of physical activities and examine how connecting to the environment can enhance health and wellbeing.
- They demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others’ health, safety and wellbeing.
- Demonstrate control and accuracy when performing specialised movement skills.
- Apply and refine movement concepts and strategies to suit different movement situations.
- Apply the elements of movement to compose and perform movement sequences.

**CONTENT DESCRIPTIONS**

The Challenge can be incorporated as one or a number of these Content Descriptors

5.4  5.8  5.9  5.11  5.12  5.13  5.14  5.15  5.16  5.17  
5.18  5.19

(See Content Elaborations for more details)
The Premier’s be active Challenge at this age assists children to reach the following ACHIEVEMENT STANDARDS

- Access, synthesize and apply health information from credible sources to propose and justify responses to health situations.
- Propose and evaluate interventions to improve fitness and physical activity levels in their communities.
- Apply decision-making and problem-solving skills when taking action to enhance their own and others’ health, safety and wellbeing.
- Apply and transfer movement concepts and strategies to new and challenging movement situations.
- Work collaboratively to design and apply solutions to movement challenges.

CONTENT DESCRIPTIONS
The Challenge can be incorporated as one or a number of these Content Descriptors

6.17  6.18  6.19

(See Content Elaborations for more details)