

Personal development, health and physical education (PDHPE) information for parents – Queanbeyan East Public School

12 February 2021

Dear parents,

This semester, students from Years K-6 will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). This subject prepares and supports students to lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

Our school's PDHPE program covers a wide range of education matter, including relationships, drug use, human sexuality, child protection, fundamental movement skill development, safety and physical activity. Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program.

The school program will be implemented in a manner that supports the role of parents and reflects the ethics of the school community.

For more information on PDHPE go to <https://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe>. The school program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong.

Some of the specific content which may be covered in PDHPE includes:

Early Stage 1	Stage 1
<ul style="list-style-type: none">• Movement skills and physical activity such as games and dance• The importance of staying active and the effects on the body• Caring for your body, through nutrition and sun protection• Relationships• Identifies how individuals care for each other• Communication• Making decisions• Feelings, needs and wants• Personal health, nutrition and hygiene	<ul style="list-style-type: none">• Movement skills and physical activity such as games and dance• The importance of staying active and the effects on the body• Caring for your body, through nutrition and sun protection• Relationships• Identifies how individuals care for each other• Communication• Making decisions• Feelings, needs and wants• Personal health, nutrition and hygiene

Early Stage 1	Stage 1
<ul style="list-style-type: none"> • Body appearance, external body parts and senses • Changes in body and abilities since birth • Administration of medicine, safe use and storage • Personal rights and responsibilities • Making and keeping friends, working and playing with others • Recognising and responding to safe and unsafe situations • Developing positive relationships and support networks • Developing assertiveness (No Go Tell) • Caring for the environment at school and home 	<ul style="list-style-type: none"> • Body appearance, internal and external body parts, (private and non-private) • Changes in body, abilities and feelings about change • Personal rights and responsibilities • Recognising and responding to safe and unsafe situations • Developing positive relationships and support networks • Developing assertiveness (No Go Tell) • Water, air, land pollution and caring for the environment at school and home

Stage 2	Stage 3
<ul style="list-style-type: none"> • Movement skills and physical activity such as athletics, games and dance • The importance of staying active and the effects on the body • Caring for your body, through nutrition and sun protection • Relationships • Identifies how individuals care for each other • Communication • Making decisions • Feelings, needs and wants • Personal health, nutrition and hygiene • Male/female characteristics and puberty-related changes • Body systems (functions), growth, development and heredity • Gender images and male and female characteristics • Changes in body and feelings about change • Personal rights and responsibilities • Road, pedestrian and passenger safety • Recognising and responding to safe and unsafe situations • Developing positive relationships and support networks • Developing assertiveness (No Go Tell) • Reducing and eliminating risks • Safe and fair play around the home and school 	<ul style="list-style-type: none"> • Movement skills and physical activity such as athletics, games and dance • The importance of staying active and the effects on the body • Caring for your body, through nutrition and sun protection • Relationships • Identifies how individuals care for each other • Communication • Influences on the decision making processes and evaluation • Feelings, needs and wants • Personal health, nutrition and hygiene • Male/female characteristics and puberty-related changes • Body systems (functions and interrelationships) • Gender images and male and female characteristics • Puberty and reproductive system • Personal rights and responsibilities • Importance of values, developing a code of behaviour and challenging discrimination • Road, pedestrian and passenger safety and safety on wheels • Recognising and responding to safe and unsafe situations • Influences on self-esteem and developing and maintaining a positive self-concept • Reducing and eliminating risks • Minimising hazards, modelling fair behaviour and promoting safety awareness at school and in play situations