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Levels 7 and 8

Levels 9 and 10

Personal, Social and Community Health		
Being healthy, safe and active		
	Investigate the impact of transition and change on identities	Evaluate factors that shape identities, and analyse how individuals impact the identities of others
	Evaluate strategies to manage personal, physical and social changes that occur as they grow older	Examine the impact of changes and transitions on relationships
	Examine barriers to seeking support and evaluate strategies to overcome these	Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at risk
	Investigate and select strategies to promote health, safety and wellbeing	Identify and critique the accessibility and effectiveness of support services based in the community that impact on the ability to make healthy and safe choices
Communicating and interacting for health and wellbeing		
	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing	Investigate how empathy and ethical decision-making contribute to respectful relationships
	Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity	Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing
	Develop skills to evaluate health information and express health concerns	Evaluate health information from a range of sources and apply to health decisions and situations
Contributing to healthy and active communities		
	Plan and use health strategies and resources to enhance the health, safety and wellbeing of their communities	Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities
	Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities	Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments
	Examine the benefits to individuals and communities of valuing diversity and promoting inclusivity	Critique behaviours and contextual factors that influence the health and wellbeing of their communities

******Identity & Relationships******

1. Indigenous Identity

<https://www.creativespirits.info/aboriginalculture/people/aboriginal-identity-who-is-aboriginal>

2. Indigenous Identity & Culture Relationship

<https://australianstogether.org.au/discover/indigenous-culture/culture-identity/>

3. Exploring Indigenous Identity

<https://www.intechopen.com/books/indigenous-aboriginal-fugitive-and-ethnic-groups-around-the-globe/exploring-aboriginal-identity-in-australia-and-building-resilience>

4. Indigenous Identity wrt employment

http://www.workingwithindigenoustralian.info/content/Practice_Implications_6_Image_and_Identity.html

5. Kinship

<https://rrr.edu.au/unit/module-2/topic-4/strong-relationships/>

6. You can't ask that – indigenous Australians

<https://iview.abc.net.au/video/LE1517H008S00>

7. Indigenous support for family relationships

<https://www.relationshipsvictoria.com.au/services/aboriginal-and-torres-strait-islander-support/>

8. Building strength in Indigenous communities

<https://www.kari.org.au/ltd/>

9. Indigenous Identity & Community

<https://indigenousknowledge.unimelb.edu.au/curriculum/resources/working-in-the-community>

10. Community Wellbeing & Maintaining Communal Relationships

<https://indigenousknowledge.unimelb.edu.au/curriculum/resources/aboriginal-astronomy-and-appropriate-relationships>

11. Australian Bureau of Statistics - Estimates and projections of the Indigenous population for 2006 to 2031; projections by sex and age groups

<https://www.abs.gov.au/statistics/people/aboriginal-and-torres-strait-islander-peoples/estimates-and-projections-aboriginal-and-torres-strait-islander-australians/latest-release>

12. Indigenous Wellbeing, Culture & Society

<https://indigenousknowledge.unimelb.edu.au/curriculum/resources/fire-in-ceremony>

13. Aboriginal Health – barriers to physical activity.

<https://www.betterhealth.vic.gov.au/health/healthyliving/aboriginal-health-barriers-to-physical-activity>

****Indigenous Protocols ****

1. <https://rrr.edu.au/guide/protocols/>
2. <https://www.8ways.online/our-protocol>
3. <https://www.commonground.org.au/learn/aboriginal-or-indigenous>
4. <http://atsilrn.aiatsis.gov.au/protocols.php>

****Aboriginal and Torres Strait Islander Community Health Services****

1. National Aboriginal Community Controlled Health Organisation (NACCHO)
<https://www.naccho.org.au/>
2. Office for Aboriginal and Torres Strait Islander Health (OATSIH)
<https://www1.health.gov.au/internet/main/publishing.nsf/content/Aboriginal+and+Torres+Strait+Islander+Health-1Ip>
3. Australian Indigenous HealthInfoNet
<https://healthinfonet.ecu.edu.au/>
4. WellMob
<https://wellmob.org.au/>
5. Support services for Indigenous community
<https://cracksintheice.org.au/ice-resources-for-aboriginal-and-torres-strait-islander-people>
6. Victorian Aboriginal Community Controlled Health Organisation Inc. (VACCHO):
<http://www.vaccho.org.au/>
7. ACT Winnunga Nimmityjah Aboriginal Health Service
<http://www.winnunga.org.au/>
8. Aboriginal Health and Medical Research Council of New South Wales
<http://www.ahmrc.org.au/>
9. Aboriginal Medical Services Alliance Northern Territory
<http://www.amsant.org.au/about-us/member-services/>
10. Queensland Aboriginal and Islander Health Council
<http://www.qaihc.com.au/about/our-members>
11. Aboriginal Health Council of South Australia
<http://ahcsa.org.au/members-overview/members-directory/>
12. Tasmanian Aboriginal Centre Inc.
<http://tacinc.com.au/>
13. The Aboriginal Health Council of Western Australia (AHCWA)
<http://www.ahcwa.org.au/#!member-locations/cnwb>

Movement & Physical Activity

Moving the body

	Use feedback to improve body control and coordination when performing specialised movement skills	Perform and refine specialised movement skills in challenging movement situations
	Compose and perform movement sequences for specific purposes in a variety of contexts	Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations
	Practise, apply and transfer movement concepts and strategies	Develop, implement and evaluate movement concepts and strategies for successful outcomes

Understanding movement

	Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans	Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels
	Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance	Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences
	Participate in and investigate the cultural and historical significance of a range of physical activities	Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time

Learning through movement

	Practise and apply personal and social skills when undertaking a range of roles in physical activities	Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams
	Evaluate and justify reasons for decisions and choices of action when solving movement challenges	Transfer understanding from previous movement experiences to create solutions to movement challenges
	Modify rules and scoring systems to allow for fair play, safety and inclusive participation	Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities

1. Health & Physical Ed Great Resources
<https://www.narragunnawali.org.au/storage/media/page/5a1482e80713843f259f3a467d8266fb.pdf>
2. Physical Fitness in Indigenous Communities
<https://indigenouknowledge.unimelb.edu.au/curriculum/resources/physical-fitness-in-communities>
3. Indigenous Games & Sports
<https://indigenouknowledge.unimelb.edu.au/curriculum/resources/water-games-and-sports>
4. Yulunga Traditional Indigenous Games
<https://www.sportingschools.gov.au/resources-and-pd/schools/yulunga/>
5. Indigenous influence on AFL
<https://www.abc.net.au/news/2017-04-13/historian-reveals-marngrook-influence-on-afl/8439748>

6.Traditional Indigenous Games

<https://bond.edu.au/news/44561/traditional-indigenous-games-aussie-kids>

7.The Great Bunya Gathering - community gathering

<https://nla.gov.au/tarkine/nla.obj-412554926/pdf>

8.Marngrook (possum skin football)

<https://cv.vic.gov.au/stories/aboriginal-culture/the-koorie-heritage-trust-collections-and-history/marngrook-possum-skin-football/>

9.Super Nomads – 50,000 to 30,000 years ago.

<https://www.enhancetv.com.au/video/first-footprints-super-nomads-50-000-to-30-000-years-ago/11966>

10.Dark Emu Bangarra Dance Theatre

https://d13zn1k8jew9vh.cloudfront.net/files/FINAL_Dark%20Emu-%20Study%20Guide%202018_sml.pdf5

11.The Biggest Estate – 9,000 years ago to 1788

<https://www.enhancetv.com.au/video/first-footprints-the-biggest-estate-9-000-years-ago/12209>

12.Using Indigenous Language in Sport

<https://www.ngv.vic.gov.au/wp-content/uploads/2017/01/Final-HP-LANGUAGE.pdf>

13.Traditional Games & Sports Legends

<http://www.creativespirits.info/aboriginalculture/sport/#axzz3t7GiChsD>

14.Essendon Football Club Indigenous

<https://www.essendonfc.com.au/search?term=indigenous&mterm=&type=all&sort=relevance>

15.AFL Indigenous

<https://www.afl.com.au/search?term=indigenous&mterm=&type=all&sort=relevance>