Learning in Health and P.E. promotes an **holistic approach** to learning through the integration of physical, intellectual, emotional, social and spiritual aspects of learning. These aspects have been enriched in the learning area through the Essential Learnings, Equity Cross-curriculum Perspectives and Enterprise and Vocational Learning.

The Health and Physical Education learning area is underpinned by a commitment to promoting **equity**, valuing **diversity** and **justice** and establishing **supportive** learning environments. These principles enable effective teaching and learning while students apply their knowledge, skills, processes and attitudes.

The following Health and Physical Education learning activities are not meant to be prescriptive. They describe starting points for further learning opportunities. The learning experiences described reflect an analysis of the Key Ideas and build towards achieving the related learning Outcomes.