

# PDHPE PROPOSITIONS AND SKILLS WHEN LEARNING FROM HOME

Learning PDHPE from home provides a wonderful opportunity to bring the five propositions and three skill domains to life!



## FOCUS ON EDUCATIVE PURPOSES

What is the learning intention of this activity?

Does the learning activity link to NESA syllabus outcomes when learning from home?

Is this physical education or physical activity?

How will teachers know if students are moving towards achieving NESA syllabus outcomes?



## VALUE MOVEMENT

Does this movement experience have educative purpose?

How can students make their own homes physically active spaces?

How can students promote and lead physical activity with family and friends?



## TAKE A STRENGTH-BASED APPROACH

Is this learning moving students towards health, safety, wellbeing and being physically active?

Does this learning develop student skills to empower them in their own lives especially when learning from home?

Do students have voice and choice in their learning from home to complement their skills, interests and environment?



## DEVELOPING HEALTH LITERACY

Do students have an opportunity to analyse and critique information and support from a variety of sources?

How are students developing their skills while learning from home to make increasingly complex decisions about their health, safety, wellbeing and physical activity levels?



## INCLUDE A CRITICAL INQUIRY APPROACH

How can students explore meaningful real-world concepts while learning from home?

Are there opportunities to scaffold and support a student-centred approach focused on critical thinking and problem solving?



How can students **practise and rehearse** the PDHPE skills when learning from home?

### SELF-MANAGEMENT SKILLS:

- Resilience, adaptability.
- Self-awareness, optimistic thinking, coping.
- Decision-making, problem-solving, time management, goal setting and tracking.
- Help-seeking.

### INTERPERSONAL SKILLS:

- Expressing feelings, listening, assertiveness.
- Collaboration, inclusion, relationship-building, respect for others', connectedness.
- Empathy, leadership, contributing to their community, perspective.

### MOVEMENT SKILLS:

- Fundamental movement skills.
- Specialised movement skills and concepts.
- Tactical and creative movement.
- Health and fitness enhancing movement.
- Planning and monitoring physical activity levels.
- Self-regulation in physical activity.