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?

**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.

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