



## Syllabus Outcomes and Indicators

The *Q4: Live Outside the Box* campaign is designed to raise the awareness of the whole school community about the growing problem of childhood overweight and obesity. The campaign investigates the factors of our daily lives that contribute to the increasing rate of overweight and obesity in our children. The resource offers a range of classroom and family activities that promote healthy lifestyle choices for individuals and communities.

The *Q4: Live Outside the Box* campaign and resource addresses a range of K-6 PDHPE syllabus outcomes which are overviewed in the table below. The pages following the table outline the relevant outcomes and indicators for each stage of learning. The *Q4: Live Outside the Box* Passport Activity and some of the other activity sheets also provide excellent portfolio items.

### PDHPE Outcomes

| OUTCOMES                                                 | Early Stage 1 | Stage 1 | Stage 2 | Stage 3 |
|----------------------------------------------------------|---------------|---------|---------|---------|
| <b>Skills Outcomes</b>                                   |               |         |         |         |
| Communicating                                            | ✓             | ✓       | ✓       |         |
| Decision Making                                          | ✓             | ✓       | ✓       | ✓       |
| Interacting                                              |               |         |         |         |
| Moving                                                   |               |         |         |         |
| Problem Solving                                          |               | ✓       | ✓       |         |
| <b>Knowledge and Understanding Outcomes</b>              |               |         |         |         |
| Active Lifestyle                                         | ✓             | ✓       | ✓       | ✓       |
| Dance                                                    |               |         |         |         |
| Games and Sport                                          |               |         |         |         |
| Growth and Development                                   |               |         |         |         |
| Gymnastics                                               |               |         |         |         |
| Interpersonal Relationships                              |               |         |         |         |
| Personal Health Choices                                  | ✓             | ✓       | ✓       | ✓       |
| Safe Living                                              |               |         |         |         |
| <b>Values and Attitudes Outcomes</b>                     |               |         |         |         |
| V4 – Responsibility for personal and community health    | ✓             | ✓       | ✓       | ✓       |
| V5 – Willingly participates in regular physical activity | ✓             | ✓       | ✓       | ✓       |

## PDHPE Outcome Indicators

| Outcome                                                                                                    | Indicator                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Communicating</b>                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                           |
| ES1.1 Expresses feelings, needs and wants in appropriate ways                                              | <ul style="list-style-type: none"> <li>• Responds to simple instructions and rules</li> <li>• Makes simple requests</li> </ul>                                                                                                                                                                                                                                                            |
| S1.1 Communicates appropriately in a variety of ways                                                       | <ul style="list-style-type: none"> <li>• Talks about the importance of regular physical activity</li> </ul>                                                                                                                                                                                                                                                                               |
| S2.1 Uses a variety of ways to communicate with and within groups                                          | <ul style="list-style-type: none"> <li>• Reports on participation in games and activities to a large group</li> </ul>                                                                                                                                                                                                                                                                     |
| <b>Decision Making</b>                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                           |
| ES1.2 Identifies some options available when making simple decisions                                       | <ul style="list-style-type: none"> <li>• Classifies foods as healthy for you, not healthy for you</li> <li>• Generates a number of possible solutions to a problem</li> </ul>                                                                                                                                                                                                             |
| S1.2 Recalls past experiences in making decisions                                                          | <ul style="list-style-type: none"> <li>• Identifies the healthier of two alternatives</li> <li>• Sets simple goals</li> </ul>                                                                                                                                                                                                                                                             |
| S2.2 Makes decisions as an individual and as a group member                                                | <ul style="list-style-type: none"> <li>• Works towards developing realistic goals to support decisions made eg. participates in regular physical activity</li> </ul>                                                                                                                                                                                                                      |
| S3.2 Makes informed decisions and accepts responsibility for consequences                                  | <ul style="list-style-type: none"> <li>• Discriminates between a variety of products that are healthy and unhealthy</li> <li>• Applies decision making processes when choosing a recreational pursuit</li> <li>• Predicts consequences of choices</li> <li>• Strives to achieve a relevant personal target</li> </ul>                                                                     |
| <b>Problem Solving</b>                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                           |
| S1.5 Draws on past experiences to solve familiar problems                                                  | <ul style="list-style-type: none"> <li>• Determines the components of a healthy lunch</li> </ul>                                                                                                                                                                                                                                                                                          |
| S2.5 Uses a range of problem-solving strategies                                                            | <ul style="list-style-type: none"> <li>• Identifies what needs to be done to achieve a goal.</li> </ul>                                                                                                                                                                                                                                                                                   |
| <b>Active Lifestyle</b>                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                           |
| ES1.6 Develops a repertoire of physical activities in which they can participate                           | <ul style="list-style-type: none"> <li>• Takes part in different types of physical activity</li> <li>• Makes a list of preferred activities</li> <li>• Compares the physical activities that they do as a family or group</li> </ul>                                                                                                                                                      |
| S1.6 Participates in physical activity, recognising that it can be both enjoyable and important for health | <ul style="list-style-type: none"> <li>• Engages in a range of planned activities</li> <li>• Describes how activity, rest, nutrition and sleep are important for lifestyle balance</li> </ul>                                                                                                                                                                                             |
| S2.6 Discusses the relationship between regular and varied physical activity and health                    | <ul style="list-style-type: none"> <li>• Participates in regular physical activity and discusses progress</li> <li>• Keeps a log of activity.</li> <li>• Identifies factors that influence participation</li> <li>• Identifies activities that people participate in to maintain an active lifestyle</li> </ul>                                                                           |
| S3.6 Shows how to maintain and improve the quality of an active lifestyle                                  | <ul style="list-style-type: none"> <li>• Participates in physical activity programs based on personal goals</li> <li>• Identifies barriers to participation and suggests ways to overcome them</li> <li>• Generates personal goals based on their understanding of what it means to be fit and active</li> <li>• Devises strategies to achieve personal active lifestyle goals</li> </ul> |

| <b>Personal Health Choices</b>                                             |                                                                                                                                                                                                                                                                                                                      |
|----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ES1.12 Displays basic positive health practices                            | <ul style="list-style-type: none"> <li>• Talks about different foods that keep them healthy</li> </ul>                                                                                                                                                                                                               |
| S1.12 Recognises that positive health choices can promote wellbeing        | <ul style="list-style-type: none"> <li>• Describes what people do to stay healthy</li> <li>• Makes personal health choices and gives reasons for their choices</li> <li>• Identifies different foods that keep them healthy</li> </ul>                                                                               |
| S2.12 Discusses the factors influencing personal health choices            | <ul style="list-style-type: none"> <li>• Explains the need for good health practices</li> <li>• Identifies and discusses family practices that keep them healthy</li> </ul>                                                                                                                                          |
| S3.12 Explains the consequences of personal lifestyle choices              | <ul style="list-style-type: none"> <li>• Analyses personal food intake to identify the balances of choices made</li> <li>• Describes the factors that influence personal health choices eg. family, friends, environment</li> <li>• Discusses how other people/media influence body image and food intake</li> </ul> |
| <b>Values and Attitudes</b>                                                |                                                                                                                                                                                                                                                                                                                      |
| V4 – Increasingly accepts responsibility for personal and community health | <ul style="list-style-type: none"> <li>• Values their health and safety</li> <li>• Values the need to pursue healthy lifestyles</li> </ul>                                                                                                                                                                           |
| V5 – Willingly participates in regular physical activity                   | <ul style="list-style-type: none"> <li>• Values the importance of physical activity to personal health</li> <li>• Enjoys regular participation in worthwhile physical activity</li> <li>• Recognises the value of lifelong commitment to regular physical activity</li> </ul>                                        |