

## 2026 Queensland Quantum Challenge - Curriculum Alignment to Australian Curriculum V9 – Health and Physical Education (Years 9 and 10)

The Rationale and Aims for the Health and Physical Education curriculum have been provided, with bolded text signifying alignment to the 2026 Queensland Quantum Challenge.

[https://www.australiancurriculum.edu.au/f-10-curriculum/learning-areas/health-and-physical-education/year-9\\_year-10](https://www.australiancurriculum.edu.au/f-10-curriculum/learning-areas/health-and-physical-education/year-9_year-10)

### Rationale

**Health and Physical Education enables students to develop skills, understanding and willingness to positively influence the health and wellbeing of themselves and their communities.** In an increasingly complex, sedentary and rapidly changing world, it is critical for every young Australian to flourish as a healthy, safe, active and informed citizen. **It is essential that young people develop their ability to respond to new health issues and evolving physical activity options.**

Integral to Health and Physical Education is the acquisition and application of movement skills, concepts and strategies across a range of physical activity contexts. This enables students to participate confidently and competently when moving. Movement is a powerful medium for learning through which students can acquire and practise personal, social and cognitive skills. When learning in movement contexts, students gain skills, understanding and dispositions that support lifelong physical activity participation and enhanced movement performance.

In Health and Physical Education, students develop personal and social skills through interacting with others in classroom and movement contexts. They use health and physical activity resources to enhance their own and others' wellbeing. Health and Physical Education addresses factors that influence the health, safety, relationships, wellbeing and physical activity patterns of individuals, groups and communities. Students develop the understanding to challenge discrimination, assumptions and stereotypes. They gain skills to take positive action regarding diversity, inclusion, consent and respect in different social contexts.

## Aims

Health and Physical Education aims to enable students to:

- **access, evaluate and synthesise information to make informed choices and act to enhance and advocate for their own and others' health, wellbeing, safety and physical activity participation**
- develop and use personal, social and cognitive skills and strategies to promote self-identity and wellbeing, and to build and manage respectful relationships
- acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in various physical activity settings
- engage in and create opportunities for regular physical activity participation as individuals and for the communities to which they belong
- **analyse how varied and changing personal and contextual factors shape opportunities for health and physical activity.**

## Achievement Standard Aspects and Content Descriptions

The Achievement Standard Aspects and Content Descriptions included provide connections to domains where applications of quantum and advanced technologies are being harnessed to solve problems.

<b>Years 9 and 10 Health and Physical Education</b>	
<b>Achievement Standard Aspects</b>	<b>Content Descriptions</b>
<b>Personal, social and community health</b>	
Synthesise health information from credible sources to propose and justify strategies to enhance their own and others' health, safety, relationships and wellbeing.	Plan, justify and critique strategies to enhance their own and others' health, safety, relationships and wellbeing. (AC9HP10P10)
<b>Movement and Physical Activity</b>	
Propose and evaluate community-based physical activity interventions designed to improve the health, fitness and wellbeing of themselves and others.	Design, implement and evaluate personalised plans for improving or maintaining their own or others' physical activity levels to achieve fitness, health and wellbeing outcomes. (AC9HP10M06)