# PDHPE K–6 (2024): Syllabus video

## Transcript

The Personal Development, Health and Physical Education or PDHPE K–6 Syllabus aims to develop the knowledge and skills, required to promote wellbeing and live a healthy, safe and active life.

Participating in physical activities supports students to understand the importance of movement for health and wellbeing and to build collaboration skills.

Students are supported to develop self-management and interpersonal skills enabling them to build connections and manage respectful relationships in online and offline environments.

The syllabus has been developed using evidence-based research.

Clear, concise language identifies the essential content for all learners.

Across learning areas, the primary curriculum is designed to be coherent, and is carefully sequenced, to build vocabulary and rich background knowledge that students can draw on as they encounter increasingly complex concepts and language.

Explicit fundamental movement skills, lay the foundations for an active lifestyle. Complementary content for fundamental movement skills has been provided to enable some students with physical disability to develop movement skills focusing on ability.

Age-appropriate consent and respectful relationship content equips students to keep themselves safe.

Students develop and use subject-specific vocabulary to express themselves and communicate their understanding of health, safety and wellbeing.

PDHPE supports students to make informed decisions and interact safely in a range of environments, including online environments.

New South Wales classrooms are diverse.

Each student brings abilities, talents, backgrounds and experiences that should be valued and nurtured.

NESA’s Statement of Equity Principles makes sure that syllabuses are designed to be inclusive of every student in NSW, including Aboriginal and Torres Strait Islander students, students with disability, students learning English as an additional language or dialect, and gifted and talented students.

Early Stage 1 access content points provide a pathway for students with intellectual disability.

The syllabus is provided on a purpose-built website with quick, easy navigation and access to outcomes and content.

Syllabus elements are easily viewed, downloaded and printed.

The curriculum provides teachers with more time to focus on teaching, so that students develop a deeper understanding of core concepts.

It supports students to develop strong foundations for learning, life and work in a complex and fast-changing world.

You can view the syllabus and information regarding implementation at [curriculum.nsw.edu.au](http://curriculum.nsw.edu.au/)

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