



Fair Dinkum Aussie

PD / H / PE Aspects

Aspects that relate directly to the "fair dinkum aussie spirit" from the K -10 Personal Development, Health and Physical Education Syllabus of NSW.

Background

Although the entire Syllabus relates to being a fair dinkum, good and healthy person I have emphasised those aspects that relate directly to the FDA Beliefs, Values and Guidelines that are available to teachers as additional content. What we need is for all teachers when they are teaching these aspects from the curriculum to constantly refer back to their students how this is what a fair dinkum aussie does. In time the next generation will know exactly what it means to be a fair dinkum aussie and hopefully want to be one. Introduction from the NSW Board of Studies K - 10 Curriculum. The Syllabus assists students through the acquisition of additional knowledge, understanding, skills, values and attitudes.

- Enable all students to develop positive self concepts and their capacity to establish and maintain safe, healthy and rewarding lives.
- Prepare all students for effective and responsible participation in their society, and develop a system of personal values based on moral, ethical and spiritual considerations.
- Promote a fair and just society that values diversity.
- Possess the knowledge and skills necessary to maintain a safe and healthy lifestyle.
- Understand and appreciate social, cultural, geographical and historical contexts and participate as active and informed citizens.



Rationale

- PD/H/PE contributes significantly to the cognitive, social, emotional, physical and spiritual development of students. Students are able to adopt and maintain a healthy, active and productive life.
- Students learn and understand how inter personal relationships promote positive health.
- Wellbeing is based on personal values and an understanding of ethical considerations.
- The issues that affect young people include physical activity, mental health, drug use, sexual health, nutrition, supportive relationships, personal safety, gender roles and discrimination.
- A whole school approach is important involving agreement and support from family and parents, the community, health agencies, Local ,state and national authorities in sending consistent messages to students and establishing supportive environments that promote health.

Aim

The aim of the K -10 PD/H/PE Syllabus is to develop students' capacity to enhance personal health and well being, enjoy an active lifestyle, maximise movement potential and advocate lifelong healthy attitudes and values.

Objectives

The students will:

- Enhance their sense of self, improve their capacity to manage challenging circumstances and develop caring and respectful relationships.
- Take actions to protect, promote and restore individual and community health.
- Participate in and promote enjoyable lifelong physical activity.

Values and Attitudes

- Value health enhancing behaviours that contribute to active, enjoyable and fulfilling lifestyles.
- Develop a willingness to participate in creating and promoting healthy, supportive communities and environments.
- Develop a commitment to principles that promote social justice.

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