



Group 1 Consultation – Phase 5

Health and Physical Education Years 11–13

This document provides information about the Years 11–13 Health and Physical Education draft curriculum. From 15 May to 15 June 2026, we are consulting on the following subject in this learning area:

- Year 11–13 Health Education.

Subject specific information

Subject structure

- Year 11 Health Education you will notice that Health Education is now organised into three consistent strands across Years 11–13.

Subject content

- Year 11 Health Education content will feel familiar to Health Education teachers, but is now more explicit, with a stronger emphasis on evidence, data use, and the complex analysis of contemporary health issues.

Learning area progressions between Phases 1–5

- Through Phase 5 Health and Physical Education, students build on prior learning and deepen their understanding of the interconnected nature of physical, mental, and social well-being. They explore how health and movement are shaped across a range of contexts, while considering diverse perspectives.
- Students examine contemporary health and movement issues, drawing on scientific, social, and ethical perspectives to understand how beliefs, values, environments, and media influence well-being outcomes, participation, and access to resources. This enables them to analyse health and movement challenges, recognise patterns and inequities, and consider implications for people and communities over time.