Health and physical education is concerned with holistic human development, emphasising the contribution of physical activity to growth and functioning; the establishment of a positive self-concept and relationships; and the achievement of optimal health in individuals and communities.

Student learning is organised through three strands:
- **Physical activity and participation**
- **Personal and social development**
- **Health of individuals and communities**

**Physical activity and participation** develops movement skills through active involvement in play, games, sport, dance, gymnastics, aquatics and outdoor activities in a variety of contexts, alone, with others and in teams.

**Personal and social development** focuses on children’s understanding of their self and others as they each grow and develop, build a positive self-concept and establish relationships. It also teaches the importance of individual, group, team and community identity and the ability to work cooperatively.

Students consider what it means to be healthy. They realise that good health is important for all people; that there are many influences on the health of individuals, families and communities; and that the local and global community can influence health.

At Balaklava Primary School we have been a Be Active School for many years, trialling the Fit2Play programme in 2006. Staff are keen to pursue nutritional learning and active health through the curriculum. We are still investigating the impact different foods have to our learners at different times of the day, as wholesome foods do seem to assist students with sustained periods of concentration and more effective learning.