

# [Health suggests that” mathematics and reading are the](https://assignbuster.com/health-suggests-that-mathematics-and-reading-are-the/)

Health and physical education in the primarysector of our schools, will help “ focus positive attitudes     towards physical activity and develop thefoundation skills necessary for children to feel comfortable about participatingin organised sports for the first time. This disposition towards physicalactivity and healthy behaviours which are fostered in Health and physicaleducation lessons can become the foundation for lifelong health and wellbeing”(Hart, 2014) “ Researchsuggests that the optimum time for children to learn and refine their motorskills and to be introduced to positive health and physical educationexperiences is during preschool and early primary school years” (Lynch 2015) “ Whilstparticipating in health and physical education, students will developthe knowledge, understanding and skills to support them to be resilient, todevelop a strong sense of self, to build and maintain satisfying relationships, to make health-enhancing decisions in relation to their health and physicalactivity participation, and to develop health literacy competencies in order toenhance their own and others’ health and wellbeing”. (acara. edu, n.

d.)Research shows that health andphysical education suggests that” mathematics and reading are the mostinfluenced by physical education. These topics depend on efficient executivefunction, which has been linked to physical activity and physical fitness.” (Harold W. Kohl et al.

, 2013) Research  suggests that health and physical education offers4 areas of benefits to the participant. They are physical, social, affectiveand cognitive benefits. These in turn can become individual learning domains. PhysicalLiteracy has three learning domains; physical, affective and cognitive. The physicaldomain would include physical competency, fundamental motor skills, health andskill related fitness, technique and psychomotor skills. The social domainwould include leadership, working with peers, treating others with sensitivity, playing by the rules and communication.

The affective domain would bemotivation, confidence, self-esteem and engagement. The cognitive domain wouldbe knowledge and understanding of healthy and active lifestyles, awareness ofrules and tactics, feedback and reflection and understanding how to perform. Learning in these four domains can contribute to the development of the wholechild using a  holistic approach. So wehave students that are confident and competent movers in purposefulphysical activity, no matter what level they might be at.

(drowningintheshallow, 2017)The Australian Curriculum  health and physical education assists in  the development of:                      “ literacy by introducing specific terminology. Students understand the language used to communicate and connect respecitfullywith other people. Students also learn to comprehend and compose texts, thisincludes learning to communicate effectively for avariety of purposes to different audiences, express their own ideas andopinions, evaluate the viewpoints of others, ask for help and express theiremotions appropriately in a range of social and physical activity contexts.                                               Numeracy by students having opportunitiesto use calculation, estimation and measurement to collect and make sense ofinformation related to, nutrition, fitness, navigation in the outdoors orvarious skill performances. Students use spatial reasoning in movementactivities and in developing concepts and strategies for individual and team sportsor recreational pursuits                                                          Information and communication technology enhances ICT learning byhelping students to effectively and safely access online health and physicalactivity information and services to manage their own health and wellbeing. Students further develop their understanding of the role ICT plays in the livesand relationships of children and young people. They explore the nature of ICTand the implications for establishing and managing relationships in thetwenty-first century. Students develop an understanding of ethical onlinebehaviour, including protocols and practices for using ICT for respectfulcommunication.

Students use ICT as key tools for communicating, collaborating, creating content, seeking help, accessing information and analysing performancein the health and physical education field. Students become confident andcritical consumers of a multitude of wellbeing apps that can assistthem to seek help, relax, be mindful, and report bullying.                                        Critical and creative thinking students develop their ability to thinklogically, critically and creatively in response to a range of health andphysical education issues, ideas and challenges.

They learn how to criticallyevaluate evidence related to the learning area and the broad range ofassociated media and other messages to creatively generate and explore originalalternatives and possibilities.            Personal and social capability studentswork independently and collaboratively in movement- and non–movement-basedactivities to develop personal and social skills as well as an awareness andappreciation of their own and others’ strengths and abilities.                                                            Ethicalunderstanding focuses on the importance of treating others with respect, integrity, fairness and compassion, and valuing diversity and equality for all. Students examine ethical principles and codes of practice appropriate todifferent contexts”  (Australiancurriculum. edu. au, n.

d.)Through this research it shows the health and physical educationsupports the students learning through a holistic learning, and they canrelated it back to all their subjects which gives them a better understandingof the word they live in.