

Australian Curriculum - Health and Physical Education

Labyrinths are an ideal tool/resource for student learning experiences to address the content descriptions below. The practice of using labyrinths for physical and emotional wellbeing can be taken on into life beyond the school setting.

Foundation Year Content Descriptions

Communicating and interacting for health and wellbeing

Identify and describe emotional responses people may experience in different situations

- learning and using appropriate language and actions to communicate their feelings in different situations
- talking about connections between feelings, body reactions and body language

Contributing to healthy and active communities

Identify actions that promote health, safety and wellbeing

Participate in play that promotes engagement with outdoor settings and the natural environment

Understanding movement

Explore how regular physical activity keeps individuals healthy and well

Years 1 and 2 Content Descriptions

Being healthy, safe and active

Practise strategies they can use when they feel uncomfortable, unsafe or need help with a task, problem or situation

Recognise situations and opportunities to promote health, safety and wellbeing

Communicating and interacting for health and wellbeing

Identify and practise emotional responses that account for own and others' feelings

- understanding how a person's reaction to a situation can affect others' feelings

Contributing to healthy and active communities

Explore actions that help make the classroom a healthy, safe and active place

Identify and explore natural and built environments in the local community where physical activity can take place

Understanding movement

Discuss the body's reactions to participating in physical activities

Years 3 and 4 Content Descriptions**Being healthy, safe and active**

Explore strategies to manage physical, social and emotional change
Identify and practise strategies to promote health, safety and wellbeing

Communicating and interacting for health and wellbeing

Investigate how emotional responses vary in depth and strength

- describing strategies they can use to identify and manage their emotions before making a decision to act

Contributing to healthy and active communities

Describe strategies to make the classroom and playground healthy, safe and active spaces

Understanding movement

Examine the benefits of physical activity to health and wellbeing

Year 5 and 6 Content Descriptions**Being healthy, safe and active**

Investigate resources and strategies to manage changes and transitions associated with puberty

Plan and practise strategies to promote health, safety and wellbeing

Communicating and interacting for health and wellbeing

Practise skills to establish and manage relationships

Contributing to healthy and active communities

Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities

Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments

Understanding movement

Participate in physical activities from their own and others' cultures, and examine how involvement creates community connections and intercultural understanding

Year 7 and 8 Content Descriptions**Being healthy, safe and active**

Evaluate strategies to manage personal, physical and social changes that occur as they grow older

Investigate and select strategies to promote health, safety and wellbeing

Contributing to healthy and active communities

Plan and use health practices, behaviours and resources to enhance health, safety and wellbeing of their communities

Plan and implement strategies for connecting to natural and built environments to promote the health and wellbeing of their communities

Understanding movement

Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans

Year 9 and 10 Content Descriptions

Being healthy, safe and active

Evaluate factors that shape identities and critically analyse how individuals impact the identities of others

- analysing the role of family, friends and community in supporting an individual's identities, and proposing strategies to enhance their own and others' wellbeing

Contributing to healthy and active communities

Plan, implement and critique strategies to enhance health, safety and wellbeing of their communities

Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments

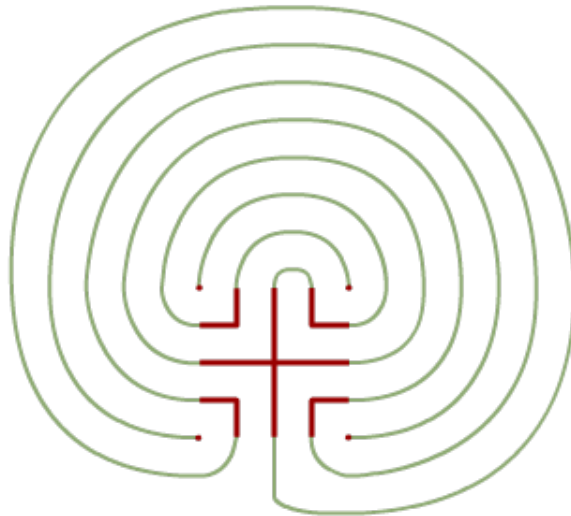
Understanding movement

Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels

<https://www.australiancurriculum.edu.au/f-10-curriculum/health-and-physical-education/>

The 8 labyrinth patterns following are examples of different forms that can be used effectively in learning situations.

This is a classical 7 circuit labyrinth showing the seed pattern



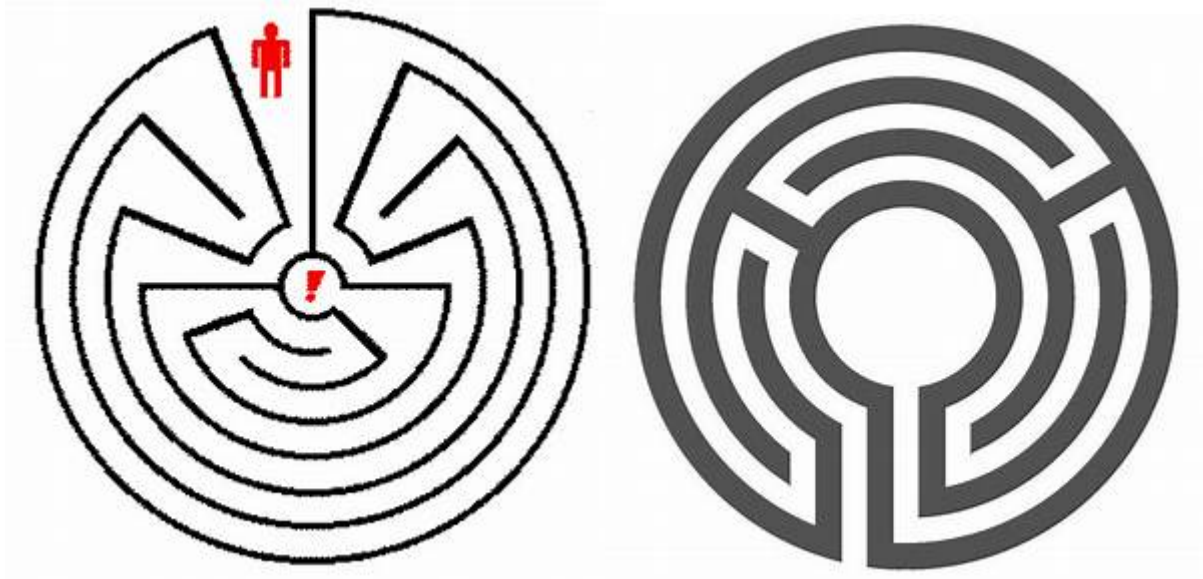
Source: http://www.labyrinthbuilders.co.uk/about_labyrinths/labyrinth_building.html



Sources:

<https://commons.wikimedia.org/wiki/File:Chakravayuha-labyrinth.svg>

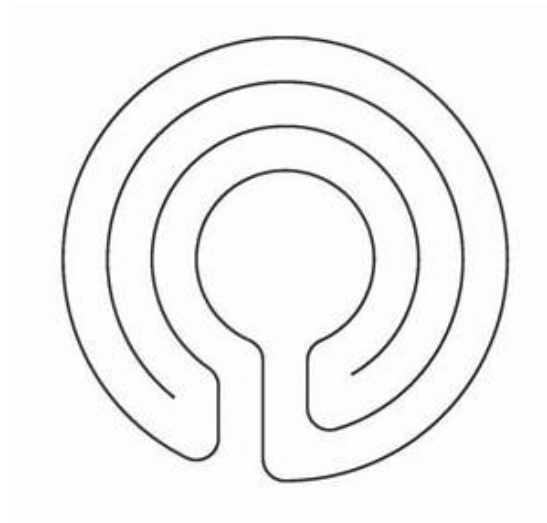
<http://sprightlyinnovations.com/leafandleisure/2013/05/10/meditations-on-a-medieval-labyrinth/>



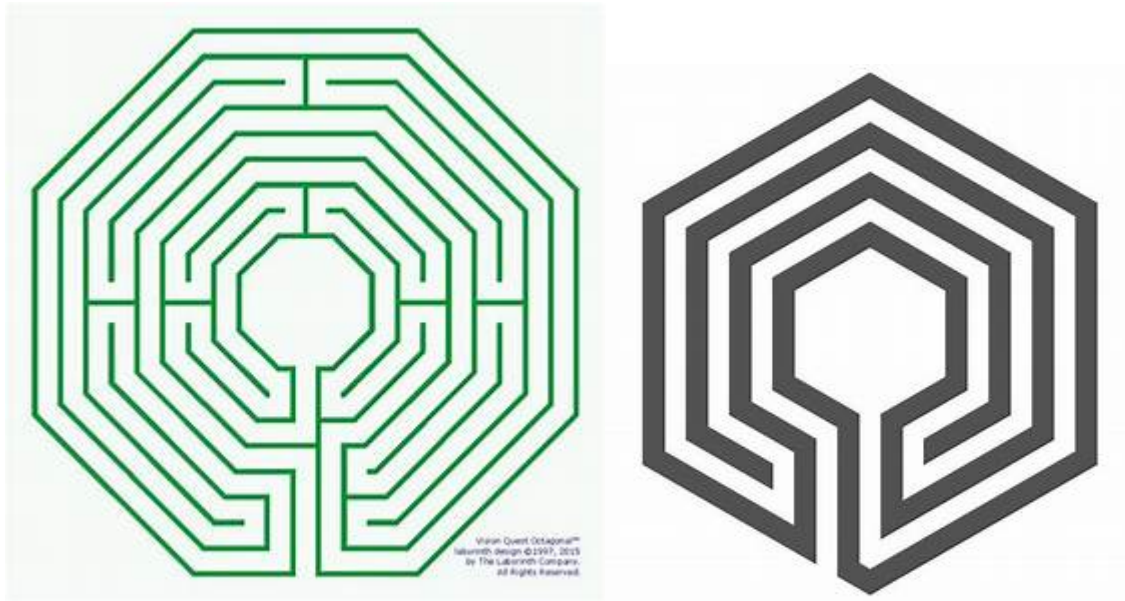
Sources:

<https://www.lavenderwind.com/2015/meditating-with-lavender-winds-labyrinth/>

<https://blogmymaze.wordpress.com/tag/3-circuit-labyrinth/>



Source unknown (information for attribution would be appreciated)

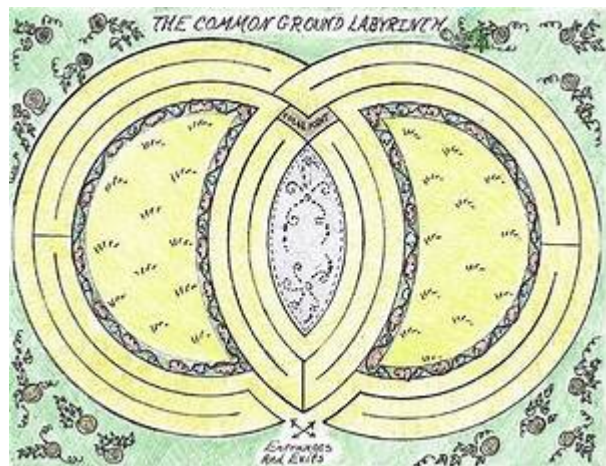


Source:

<https://www.labyrinthcompany.com/products/st-paul-octagonal>

<https://blogmymaze.wordpress.com/tag/hexagonal-labyrinth/>

The 4 Labyrinth patterns below are suitable for harmony, relationships, and problem solving (2 starting points)



Sources:

The dual-path Heart Labyrinth by Marty Kermeen and Jeff Saward (unable to find link)

http://www.yournatureconnection.com/all_labsedited.htm



Sources:

<https://www.pinterest.com.au/pin/544443042428169905/>

<https://www.ximension.com/labyrinths/own-designs/>