Key inquiry questions

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| What makes me unique?Early Stage One Health, wellbeing and relationships | How do we move our bodies?Early Stage One Movement, skill and performance | What choices can help to make me safe, supported and active?Early Stage One Healthy, safe and active lifestyles |
| How do we grow?Early Stage One Health, wellbeing and relationships | How can we solve problems when moving?Early Stage One Movement, skill and performance | What helps us to stay healthy and safe?Early Stage One Healthy, safe and active lifestyles |
| How can we care for and include each other?Early Stage One Health, wellbeing and relationships | How do we participate with others when we are active?Early Stage One Movement, skill and performance | How do we make healthy and safe choices in different situations?Early Stage One Healthy, safe and active lifestyles |

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| How does my uniqueness shape who I am?Stage One Health, wellbeing and relationships | What are the different ways we can move our body?Stage One Movement, skill and performance | How can I be responsible for my own, and others health, safety and wellbeing?Stage One Healthy, safe and active lifestyles |
| How do we grow and change over time?Stage One Health, wellbeing and relationships | How can we move and improve our involvement in physical activity?Stage One Movement, skill and performance | How can I act to help make my environments healthy, safe and active?Stage One Healthy, safe and active lifestyles |
| How can we be inclusive and respectful?Stage One Health, wellbeing and relationships | How can we participate safely and fairly during physical activity?Stage One Movement, skill and performance | What influences my decisions and actions to be healthy, safe and physically active?Stage One Healthy, safe and active lifestyles |

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| How does who I am influence others?Stage Two Health, wellbeing and relationships | How can we move our bodies to perform skills in different ways?Stage Two Movement, skill and performance | How can I contribute to promote healthy, safe and active communities?Stage Two Healthy, safe and active lifestyles |
| How can we manage change?Stage Two Health, wellbeing and relationships | How can we demonstrate our understanding of movement to solve challenges?Stage Two Movement, skill and performance | How can I take action to enhance my own and others health, safety, wellbeing and participation in physical activity?Stage Two Healthy, safe and active lifestyles |
| Why is empathy, inclusion and respect important in our relationships?Stage Two Health, wellbeing and relationships | How can we include others in physical activity?Stage Two Movement, skill and performance | What skills and strategies do we need to be healthy, safe and empowered?Stage Two Healthy, safe and active lifestyles |

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| How does my uniqueness change over time?Stage Three Health, wellbeing and relationships | How can we adapt and perform movement skills in different situations?Stage Three Movement, skill and performance | How responsible am I for my own and others health, safety and wellbeing?Stage Three Healthy, safe and active lifestyles |
| How can I manage transitions and challenges?Stage Three Health, wellbeing and relationships | How can we use strategies and tactics to create solutions to movement challenges?Stage Three Movement, skill and performance | What actions positively influence the health, safety and wellbeing of my community?Stage Three Healthy, safe and active lifestyles |
| How does empathy, inclusion and respect impact on myself and others?Stage Three Health, wellbeing and relationships | How can we work with others to build positive relationships during physical activity?Stage Three Movement, skill and performance | How does a healthy, safe and active lifestyle enhance connection with others?Stage Three Healthy, safe and active lifestyles |

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| How does change, transition and environment shape my identity?Stage Four Health, wellbeing and relationships | How can I evaluate movement competence, adapt movement skills and apply these skills in dynamic movement situations?Stage Four Movement, skill and performance | What positive actions contribute to the health, safety, wellbeing and participation in physical activity of the wider community?Stage Four Healthy, safe and active lifestyles |
| What skills and strategies can be used to manage change, challenges and seek help?Stage Four Health, wellbeing and relationships | How can I make decisions to adapt to changing circumstances in different movement contexts?Stage Four Movement, skill and performance | How can I effectively manage my own and support others health, safety, wellbeing and participation in physical activity?Stage Four Healthy, safe and active lifestyles |
| What skills and strategies can be used to promote inclusivity, equality and respectful relationships?Stage Four Health, wellbeing and relationships | How can I apply my skills to collaborate, communicate, solve problems and include others in physical activity?Stage Four Movement, skill and performance | Why is connection, inclusion and empowerment important for the health, safety, wellbeing and physical activity levels of the wider community?Stage Four Healthy, safe and active lifestyles |

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| How do I be the best version of me and support the identity of others?Stage Five Health, wellbeing and relationships | How can I use feedback to create adaptations to movement skills to make them more effective in different contexts?Stage Five Movement, skill and performance | What strategies can I plan and prioritise in my community to empower individuals to lead safe, healthy and active lifestyles for the benefit of my own and other’s wellbeing?Stage Five Healthy, safe and active lifestyles |
| How can people respond positively to life challenges?Stage Five Health, wellbeing and relationships | How can I create new rules, strategies and tactics to improve movement and evaluate the effect these have on performance?Stage Five Movement, skill and performance | How can I plan and advocate for health, safety, wellbeing and participation in a lifetime of physical activity?Stage Five Healthy, safe and active lifestyle |
| What factors enhance inclusivity, equality and respect in relationships?Stage Five Health, wellbeing and relationships | How can I include, assist and lead others during physical activity?Stage Five Movement, skill and performance | Why are external influences an important aspect of my own and others’ health, safety, wellbeing and participation in physical activity?Stage Five Healthy, safe and active lifestyles |