

Yoga for Children

Fact Sheet 9 - Understanding the Australian Curriculum

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Introduction

The Australian Curriculum, Assessment and Reporting Authority (ACARA) has been funded by the Australian Government and all state and territory Governments to develop the Australian Curriculum. See <https://www.australiancurriculum.edu.au/about-the-australian-curriculum/>

Curriculum has been developed for Foundation to Year 10. F-10 Curriculum has been published for 8 learning areas - English, Mathematics, Science, Humanities and Social Sciences, The Arts, Technologies, Health and Physical Education and Languages. Curricula have been fully endorsed by State and Territory Education Ministers. See <https://www.australiancurriculum.edu.au/f-10-curriculum/>

Curriculum has also been developed for Senior Secondary years. Curriculum has been published for 4 learning areas - English, Mathematics, Science, Humanities and Social Sciences. See <https://www.australiancurriculum.edu.au/senior-secondary-curriculum/>

Implementation Advice

Implementation of the Australian Curriculum is the responsibility of state and territory Government Authorities

and may be implemented differently from state to state. See <https://www.australiancurriculum.edu.au/f-10-curriculum/version-implementation-advice/>

Yoga is referenced in 5 specific areas in the Australian Curriculum (v8.3v – F-10 Curriculum):

- Year 9 and 10 Health and Physical Education – Understanding Movement;
- F- year 2 – Language Variation and Change;
- Year 7 and 8 (F-10 Sequence) – Language Variation and Change;
- Year 7 and 8 (Year 7 Entry) – Language Variation and Change; and
- Year 7 and 8 (Year 7 Entry) – Role of Language and Culture.

See <http://www.australiancurriculum.edu.au/Search?q=yoga>

Personal and Social Capability

As a modality that provides many opportunities for learning about self and others, yoga also aligns to the Personal and Social Capability of the Australian Curriculum. The four interrelated elements in the learning continuum are:

- Self-awareness;
- Self-management;
- Social awareness; and
- Social management.

As personal and social capability skills are addressed in all learning areas and at every stage of a student's schooling, yoga can be used as a vehicle for teaching and assessing this general capability within learning area content. See <https://www.australiancurriculum.edu.au/f-10-curriculum/general-capabilities/personal-and-social-capability/>