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Literacy Works for Health and Physical Education Book 1

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Australian Curriculum Focus areas Alcohol and other drugs (AD); Food and nutrition (FN); Health benefits of physical activity (HBPA); Mental health and wellbeing (MH); Relationships and sexuality (RS); Safety (S); Active play and minor games (AP); Challenge and adventure activities (CA); Fundamental movement skills (FMS); Games and sports (GS); Lifelong physical activities (LLPA); Rhythmic and expressive activities (RE)