

Resource Guide

Health and Physical Education

The information and resources contained in this guide provide a platform for teachers and educators to consider how to effectively embed important ideas around reconciliation, and Aboriginal and Torres Strait Islander histories, cultures and contributions, within the specific subject/learning area of [Health and Physical Education](#). Please note that this guide is neither prescriptive nor exhaustive, and that users are encouraged to consult with their local Aboriginal and Torres Strait Islander community, and [critically evaluate resources](#), in engaging with the material contained in the guide.

- **Page 2:** Background and Introduction to Aboriginal and Torres Strait Islander Health and Physical Education
- **Page 3:** Timeline of Key Dates in the more Contemporary History of Aboriginal and Torres Strait Islander Health and Physical Education
- **Page 5:** Aboriginal and Torres Strait Islander Health and Physical Education Organisations, Programs and Campaigns
- **Page 6:** Aboriginal and Torres Strait Islander Sportspeople
- **Page 8:** Aboriginal and Torres Strait Islander Health and Physical Education Events/Celebrations
- **Page 12:** Other Online Guides/Reference Materials
- **Page 14:** Reflective Questions for Health and Physical Education Staff and Students

Please be aware this guide may contain references to names and works of Aboriginal and Torres Strait Islander people that are now deceased. External links may also include names and images of those who are now deceased.

Background and Introduction to Aboriginal and Torres Strait Islander Health and Physical Education

“[Health and] healing goes beyond treating...disease. It is about working towards reclaiming a sense of balance and harmony in the physical, psychological, social, cultural and spiritual works of our people, and practicing our profession in a manner that upholds these multiple dimension of Indigenous health” –Professor Helen Milroy, Aboriginal Child Psychiatrist and Australia’s first Aboriginal medical Doctor.

For Aboriginal and Torres Strait Islander peoples, Australia’s colonial history has been characterised by devastating land dispossession, violence, and overt and unapologetic racism. Such inequitable and severe disruptions to community and cultural life can have profound impacts on both physical and socio-emotional health and wellbeing. Research into the current context of Aboriginal and Torres Strait Islander health frequently points to the enduring, intergenerational impacts of unjust colonial policies and practices, and the imperative to “[close the gap](#)” between Aboriginal and Torres Strait Islander and non-Indigenous Australian mental and physical health outcomes. While this guide focuses predominantly on Aboriginal and Torres Strait Islander people, programs, and events that have played a positive role in health and physical education in the postcolonial context, it is important to appreciate that Aboriginal and Torres Strait Islander peoples have been engaged in positive health and physical education activities for thousands of years prior to colonisation. Cultural knowledges around physical and spiritual [healing practices](#); the uses of native Australian [bush tucker/medicine](#); everyday physical activity such as hunting and gathering; participation in active customs such as dance; as well as participation in [traditional games](#) all represent traditional modes of maintaining physical health, all the while contributing to the continuation of culture. To give just a couple of examples, team configuration conventions in the Juwularai game of [boogalah](#) work to teach players about Dhé or totems, and the Datiwuy game of [waayin](#) serves to educate players about bird and animal tracks to assist with traditional hunting activity. Similarly, the physical activity of traditional Aboriginal and Torres Strait Islander dance often also has metaphysical connections to the Dreaming, drawing on stylised and symbolic movement to convey culturally and spiritually significant stories and Songlines.

Often, beyond an individual’s physical well-being, Aboriginal and Torres Strait Islander concepts of health thus simultaneously encapsulate the social, emotional, cultural and spiritual wellbeing of the whole community. An individual and community’s wellbeing is also conceived to be deeply tied to the natural environment, reflecting the importance of caring for, and connecting to, [Country](#). That is, according to a “[healthy culture, healthy country](#)” perspective, there is a clear synthesis between the health of culture, the health of Country, and the health of Aboriginal and Torres Strait Islander community members. Furthermore, as indicated through the quote by Professor Helen Milroy above, the promotion of health and healing in the present and into the future relies as much on actively recognising past ancestral knowledges and colonial injustices alike. This holistic understanding of health and physical education is, therefore, crucial to understanding Aboriginal and Torres Strait Islander medical, athletic, social and cultural events and issues to this day.

Timeline of Key Dates in the Contemporary History of Aboriginal and Torres Strait Islander Health and Physical Education

This timeline chronologically lists some of the key dates in the more recent history of Aboriginal and Torres Strait Islander Health and Physical Education and/or with regard to the relationship between health, physical education and reconciliation more generally.

- **60,000+ years ago:**
 - Aboriginal and Torres Strait Islander communities across Australia have maintained longstanding conventions and conceptualisations pertaining to health, physical education and wider wellbeing for tens of thousands of years.
- **1866:**
 - A historic year for cricket in Australia, when an Aboriginal cricket team from the western district of Victoria played against the exclusive Melbourne Cricket Club. Just over a year later (in 1868), this Aboriginal team became Australia's first-ever cricket team to tour England (10 years before the first non-Indigenous Test team).
- **1870-1912:**
 - During this period, Aboriginal sprinters dominated professional athletics and were often able to win significant prize money. For many, it provided an escape from the controls placed on the lives of Aboriginal and Torres Strait Islander peoples under the Protection system.
- **1960:**
 - [Kevin Coombs](#) was the first Aboriginal or Torres Strait Islander Paralympian, first representing Australia (in wheelchair basketball) at the Rome Paralympics (and at four subsequent Paralympic Games)
- **1962:**
 - [Jeff Dynevor](#) (boxer) became the first Aboriginal athlete to win a Commonwealth Games World Medal.
- **1964:**
 - The first known Aboriginal or Torres Strait Islander Olympians, [Adrian Blair](#) (boxer) and [Michael Ah Matt](#) (basketballer) competed at the Tokyo Olympic Games.
- **1971:**
 - The first [Aboriginal Medical Service \(AMS\)](#) was initiated on a voluntary basis in Redfern, Sydney
- **1973:**
 - [Arthur Beetson](#) (Rugby League player and coach) became the first Aboriginal athlete to captain an Australian team in any sport.
- **1974:**
 - The national umbrella AMS organisation, the National Aboriginal and Islander Health Organisation (NAIHO) was formed.
- **1984:**
 - At the New York Paralympic Games, [Peter Kirby](#) became the first Aboriginal or Torres Strait Islander athlete to win a Paralympic gold medal as part of the Australian men's 4x100m relay team.

- **1988:**
 - The Royal Commission into Aboriginal Deaths in Custody was initiated.
- **1991:**
 - The final [report of the Royal Commission into Aboriginal Deaths in Custody](#) was published, which led to the establishment of the Council for Aboriginal Reconciliation and thus the formal process of reconciliation in Australia.
- **1996:**
 - [Nova Peris](#) became the first Aboriginal or Torres Strait Islander athlete to win an Olympic gold medal when she was part of the Australian women's hockey team at the Atlanta Olympic Games.
- **1997:**
 - The Human Rights and Equal Opportunity Commission released [Bringing them Home: Report of the National Inquiry into the Separation of Aboriginal and Torres Strait Islander Children from their families](#).
- **2000:**
 - At the Sydney Olympic Games, [Cathy Freeman](#) carried both the Australian and Aboriginal Flag—a symbol of reconciliation and her pride in her Aboriginal heritage—during her victory lap after winning Gold in the 400m sprint.
- **2005:**
 - The AFL put together a panel to select an [Indigenous Team of the Century](#) to mark the 100th anniversary of the first senior Australian rules game played by an Aboriginal player ([Joe Johnson](#)).
- **2007:**
 - Oxfam released the [Close the Gap: Solutions to the Indigenous Health Crisis facing Australia](#) report, with the subsequent Close the Gap campaign being launched on April 4 to push for Federal, State and Territory Governments to commit to closing the gap in life expectancy between Indigenous and non-Indigenous Australians within a generation. The first National Close the Gap day was correspondingly held this year.
- **2009:**
 - Australia pledged official support of the [United Nations Declaration on the Rights of Indigenous Peoples](#), which includes a number of health-related Articles.
 - Following the 2008 national [Apology to the Stolen Generations](#), and based on a national consultation with Aboriginal and Torres Strait Islander peoples, the [Healing Foundation](#) was established.

For a more detailed timeline focused on Aboriginal and Torres Strait Islander health *policies* specifically, you may also like to visit:

<http://www.healthinfonet.ecu.edu.au/health-infrastructure/policies/reviews/health-policy-timeline>

Aboriginal and Torres Strait Islander Health and Physical Education Organisations, Programs, Projects and Campaigns

The following list includes a number of Aboriginal and Torres Strait Islander health and physical education organisations, programs, projects or campaigns that are either active today, or have played an active role in the history of Aboriginal and Torres Strait Islander health and physical education in Australia. Note that some of these organisations, programs, projects or campaigns may not be exclusively Aboriginal and Torres Strait Islander owned or governed, but are nevertheless meaningfully dedicated to supporting positive health and physical education for Aboriginal and Torres Strait Islander peoples.

- [Aboriginal and Islander Medical/Health Services](#)
- [Aboriginal Medical Services Alliance Northern Territory \(AMSANT\) Indigenous Leadership Program](#)
- [Arthur Beetson Foundation](#)
- [Australian Indigenous Doctors' Association \(AIDA\)](#)
- [Australian Indigenous Health/InfoNet](#)
- beyondblue [The Invisible Discriminator](#) campaign
- beyondblue/Brisbane Indigenous Media Association (BIMA) [Proppa Deadly](#) project
- beyondblue [Stories for Keeping Strong](#)
- [Congress of Aboriginal and Torres Strait Islander Nurses and Midwives \(CATSINaM\)](#)
- [Close the Gap](#) campaign
- [Deadly Choices](#) campaign
- [Family Matters](#) campaign
- [Healing Foundation](#)
- Kids Matter [Aboriginal animations](#) project
- [LIME Network](#)
- [Lloyd McDermott Rugby Development Team](#)
- [Lowitja Institute](#)
- [National Aboriginal and Torres Strait Islander Health Worker Association \(NATSIHWA\)](#)
- [National Aboriginal Sporting Chance Academy \(NASCA\)](#)
- [Poche Indigenous Health Network](#)
- [South Australian Aboriginal Sports Training Academy \(SAASTA\)](#)
- [Tanya Oxtoby Football Coaching](#)
- [The Enemy Within](#)

Aboriginal and Torres Strait Islander Sportspeople

The lists below provides the names of a number of Aboriginal and Torres Strait Islander sportspeople, past and present. You may wish to carry out some further research around Aboriginal and Torres Strait Islander athletes from your local area, or indeed compare the diverse stories of Aboriginal and Torres Strait Islander sportspeople across Australia.

Australian Rules Football

[Adam Goodes](#)
[Barry Cable](#)
[Chris Johnson](#)
[Cyril Rioli](#)
[David Wirrpanda](#)
[Derek Kickett](#)
[Gavin Wanganeen](#)
[Jeff Farmer](#)
[Lance "Buddy" Franklin](#)
[Leroy Jetta](#)
[Mark Williams](#)
[Michael Long](#)
[Nicky Winmar](#)
[Patrick "Paddy" Ryder](#)
[Peter Matera](#)
[Shaun Burgoyne](#)
[Stephen Michael](#)

[Andrew McLeod](#)
[Chance Bateman](#)
[Chris Lewis](#)
[Danyle Pearce](#)
[Darryl White](#)
[Des Headland](#)
[Graham "Polly" Farmer](#)
[James "Jim" Krakouer](#)
[Leon Davis](#)
[Lewis Jetta](#)
[Maurice Rioli](#)
[Michael O'Loughlin](#)
[Norm McDonald](#)
[Peter Burgoyne](#)
[Phil Krakouer](#)
[Sir Douglas Nicholls](#)
[Syd Jackson](#)

You can also learn about other Aboriginal and Torres Strait Islander AFL players by visiting the AFL Players website's [Diversity](#) page. For a map of 2017 players, see: http://www.aflplayers.com.au/wp-content/uploads/2017/06/AFLPA193_A-Indigenous-Player-Map-Update-2017.pdf

Basketball

[Danny Morseu](#)
[Kevin Coombs](#) (Wheelchair basketball)
[Nathan Jawai](#)
[Patrick "Patty" Mills](#)
[Rohanee Cox](#)

Boxing

[Anthony Mundine](#)
[Damien Hooper](#)
[Dave Sands](#)

[Cameron Hammond](#)
[Daniel Geale](#)
[Elliot \('Elley'\) Bennett](#)

[Francis \('Frank'\) Roberts](#)
[Jeffrey Dynevor](#)
[Joe Williams](#)
[Keith Saunders](#)
[Lionel Rose](#)
[Paul Fleming](#)
[Robbie Peden](#)
[Wally Carr](#)

[Hector Thompson](#)
[Jerry Jerome](#)
[Johnny Jarrett \(Patten\)](#)
[Lawrence Austin](#)
[Neville Williams](#)
[Renold Quinlan](#)
[Ron Richards](#)

Cricket

[Ashleigh Gardner](#)
[Eddie Gilbert](#)
[Jack Marsh](#)
[John McGuire](#)
[Lydia Williams](#)

[Daniel Christian](#)
[Edna Newfong \(Crouch\)](#)
[Jason Gillespie](#)
[Johnny Mullagh](#)
[Mabel Crouch \(Campbell\)](#)

Darts

[Beau Anderson](#)
[Kyle Anderson](#)

Hockey

[Baeden Choppy](#)
[Des Abbott](#)
[Jarrad Chester \(Ice Hockey\)](#)
[Joel Carroll](#)
[Lorelle Morrissey](#)
[Nova Peris-Kneebone](#)

Horse Racing

[Darby McCarthy](#)
[Frank Reys](#)
[Leigh-Anne Goodwin](#)
[Merv Maynard](#)
[Norm Rose](#)
[Richard Lawrence \('Darby'\) McCarthy](#)

Motorsports

[Brendon Cook](#)

Netball

[Beryl Friday](#)
[Marcia Ella-Duncan](#)
[Sharon Finnan-White](#)

Rugby League

<u>Aidan Sezer</u>	<u>Albert Kelly</u>	<u>Albert Torrens</u>	<u>Alex Johnston</u>
<u>Amber Pilley</u>	<u>Amos Roberts</u>	<u>Andrew Fifita</u>	<u>Andrew Walker</u>
<u>Anthony Mitchell</u>	<u>Anthony Mundine</u>	<u>Arthur Beetson</u>	<u>Ben Barba</u>
<u>Ben Jones</u>	<u>Blake Ferguson</u>	<u>Beau Champion</u>	<u>Bo De La Cruz</u>
<u>Brad Tighe</u>	<u>Brenko Lee</u>	<u>Brenton Bowen</u>	<u>Briony Livingstone</u>
<u>Brett Grogan</u>	<u>Brian Kelly</u>	<u>Bruce Stewart</u>	<u>Burnum Burnum</u>
<u>Caitlin Moran</u>	<u>Caleb Binge</u>	<u>Carl Webb</u>	<u>Chris Grevsmuhl</u>
<u>Chris McKenna</u>	<u>Chris Sandow</u>	<u>Cliff Lyons</u>	<u>Colin Scott</u>
<u>Cory Paterson</u>	<u>Corey Stewart</u>	<u>Craig Garvey</u>	<u>Craig Salvatori</u>
<u>Craig Trindall</u>	<u>Daine Laurie</u>	<u>Dale Shearer</u>	<u>Dane Gagai</u>
<u>Dane Nielsen</u>	<u>Daniel Wagon</u>	<u>Darrell Trindall</u>	<u>David Fifita</u>
<u>David Peachey</u>	<u>Dean Widders</u>	<u>Dennis Moran</u>	<u>Derrick Watkins</u>
<u>Donald Malone</u>	<u>Dylan Farrell</u>	<u>Edrick Lee</u>	<u>Emily Young</u>
<u>Eric Simms</u>	<u>Esikeli "Esi" Tonga</u>	<u>Ewan McGrady</u>	<u>Frank Fisher</u>
<u>Frank Stokes</u>	<u>Fred Briggs</u>	<u>Gavin Lester</u>	<u>George Green</u>
<u>George Longbottom</u>	<u>George Rose</u>	<u>Gordon Tallis</u>	<u>Graham Lyons</u>
<u>Greg Bird</u>	<u>Greg Inglis</u>	<u>Ian Lacey</u>	<u>Ian Russell</u>
<u>Isaac Gordon</u>	<u>Jack Wighton</u>	<u>Jake Foster</u>	<u>Jake Friend</u>
<u>Jamal Idris</u>	<u>James Roberts</u>	<u>Jamie Soward</u>	<u>Jamie Simpson</u>
<u>Jason Bulgarelli</u>	<u>Jason Edwards</u>	<u>Jayden Hodges</u>	<u>Jeff Hardy</u>
<u>Jharal Yow Yeh</u>	<u>Joe Williams</u>	<u>Joel Moon</u>	<u>Joel Romelo</u>
<u>Joel Thompson</u>	<u>John Ferguson</u>	<u>John Simon</u>	<u>Johnathan Thurston</u>
<u>Johnny Jarrett (Patten)</u>	<u>Jonathan Wright</u>	<u>Josh Hoffman</u>	<u>Justin Carney</u>
<u>Justin Doyle</u>	<u>Justin Hodges</u>	<u>Kandy Kennedy</u>	<u>Katrina Fanning</u>
<u>Keirran Moseley</u>	<u>Kelsey Parkin</u>	<u>Ken Nagas</u>	<u>Kevin Longbottom</u>
<u>Kevin McGuinness</u>	<u>Kevin Yow Yeh</u>	<u>Kurt Baptiste</u>	<u>Kyle Turner</u>
<u>Larry Corowa</u>	<u>Lauren Motlop</u>	<u>Laurie Daley</u>	<u>Lavina Phillips</u>
<u>Lenny Beckett</u>	<u>Leo Dynevor</u>	<u>Lionel Morgan</u>	<u>Luke Kelly</u>
<u>Luke Walsh</u>	<u>Mal Cochrane</u>	<u>Marmin Barba</u>	<u>Matt Sing</u>
<u>Maurice Blair</u>	<u>Michael Bani</u>	<u>Michael Lett</u>	<u>Milton Thaiday</u>
<u>Molly O'Connell</u>	<u>Nakia Davis-Welsh</u>	<u>Nathan Blacklock</u>	<u>Nathan Merritt</u>
<u>Nathan Peats</u>	<u>Owen Craigie</u>	<u>Palmer Wapau</u>	<u>Paul Davis</u>
<u>Paul Shaw</u>	<u>Percy Knight</u>	<u>Peter Jensen</u>	<u>PJ Marsh</u>
<u>Preston Campbell</u>	<u>Ray Thompson</u>	<u>Rebecca Riley</u>	<u>Rebecca Young</u>
<u>Reece Robinson</u>	<u>Rhys Wesser</u>	<u>Richard Williams</u>	<u>Ricky Walford</u>
<u>Robert Laurie</u>	<u>Robert Lui</u>	<u>Rod Jensen</u>	<u>Ron Gibbs</u>
<u>Ron Saddler</u>	<u>Roy Bell</u>	<u>Royston Lightning</u>	<u>Ryan James</u>
<u>Sam Backo</u>	<u>Sam Bowie</u>	<u>Sam Thaiday</u>	<u>Samartha Leisha</u>
<u>Sarah Field</u>	<u>Scott Prince</u>	<u>Shannon Hegarty</u>	<u>Shannon Walker</u>

[Shea Moylan](#)
[Steve Ella](#)
[Tallulah Tillett](#)
[Tony Hearn](#)
[Tyrone Peachey](#)
[Wayne Alberts](#)
[Will Robinson](#)
[Yileen Gordon](#)

[Sid Domic](#)
[Steve Renouf](#)
[Timana Tahu](#)
[Travis Robinson](#)
[Tyrone Roberts](#)
[Wendell Sailor](#)
[Will Smith](#)

[Simone Smith](#)
[Suvannah Connors](#)
[Tom Learoyd-lahrs](#)
[Travis Waddell](#)
[Tyson Andrews](#)
[Wes Patten](#)
[Willie Isa](#)

[Stephanie Mooka](#)
[Tahlia Hunter](#)
[Tony Currie](#)
[Ty Williams](#)
[Wally McArthur](#)
[Will Chambers](#)
[Willie Tonga](#)

Rugby Union

[Andrew Walker](#)
[Burnum Burnum](#)
[Frank Ivory](#)
[Glen Ella](#)
[Kurtley Beale](#)
[Mahalia Murphy](#)
[Matt Hodgson](#)
[Nathan Black](#)
[Shannon Walker](#)
[Will Chambers](#)

[Anthony Fainga'a](#)
[Colby Fainga'a](#)
[Gary Ella](#)
[Jim Williams](#)
[Lloyd McDermott](#)
[Mark Ella](#)
[Milton Thaiday](#)
[Saia Fainga'a](#)
[Timanu Tahu](#)

Soccer

[Charles Perkins](#)
[Dr Gordon Briscoe AO](#)
[Jade North](#)
[Kasey Wehrman](#)
[Tanya Oxtoby](#)

[David Williams](#)
[Harry Williams](#)
[John Kundereri Moriarty](#)
[Kyah Simon](#)
[Travis Dodd](#)

Softball

[Jeff Goolagong](#)
[Joanne Lesiputty](#)
[Stacey Porter](#)
[Vanessa Stokes](#)

Swimming

[Ben Austin](#)
[Samantha Riley](#)

Tennis

[Evonne Goolagong Cawley](#)

[Ashleigh Barty](#)

Track and Field

[Benn Harradine](#) (Discuss Thrower)

[Cathy Freeman](#) (Runner)

[Joshua Ross](#) (Runner)

[Kyle Bernard Vander Kuyp](#) (Hurdler)

[Nova Peris](#) (Runner)

[Patrick Johnson](#) (Runner)

[Percy Hobson](#) (High Jumper)

[Robert "Robbie" Crowther](#) (Long Jumper)

You may also be interested in searching for Aboriginal and Islander Sports Hall of Fame members by visiting: <http://aiatsis.gov.au/explore/articles/aboriginal-and-islander-sports-hall-fame>

Aboriginal and Torres Strait Islander Health and Physical Education Events/Celebrations

The list below features a number of Aboriginal and Torres Strait Islander health and physical education-related events and/or celebrations.

- [AFL Indigenous Round](#)
- [City of Port Adelaide Enfield Aboriginal and Torres Strait Islander Awards](#) (including specific Sports Person of the Year Award)
- [Indigenous Sport Queensland Sports Awards](#)
- [NSW Aboriginal Rugby League Knockout – ‘Koori Knockout’](#)
- [Leaders in Indigenous Medical Education \(LIME\) Connection Conference](#)
- [Murri Rugby League Carnival](#)
- [NAIDOC Awards](#) (including specific Sportsperson of the Year Award)
- [National Aboriginal and Torres Strait Islander Health Worker Association Conference](#)
- (Former) [National Aboriginal and Torres Strait Islander Sports Awards](#)
- [National Aboriginal Wellbeing Conference](#)
- [National Close the Gap Day](#)

Other Online Guides/Reference Materials

- ABC (2016) *Behind the News: AFL Kids*, <http://www.abc.net.au/btn/story/s4010022.htm>
- ABC (2015) *Behind the News: Indigenous Sport Stars*, <http://www.abc.net.au/btn/story/s4327602.htm>
- ABC (2016) *Behind the News: Is the Gap Closing?* <http://www.abc.net.au/btn/story/s4404476.htm>
- ABC (2009) *Behind the News: Indigenous Games*, <http://www.abc.net.au/btn/story/s2755969.htm>
- ABC (2013) *Behind the News: Bush Tucker*, <http://www.abc.net.au/btn/story/s3527750.htm>
- ABC Splash (2016) *Recognising the potential of native vegetables*, <http://splash.abc.net.au/home#!/media/2343020/recognising-the-potential-of-native-vegetables>
- ABC Splash (2010) *Tasty bush tucker*, <http://splash.abc.net.au/home#!/media/30798/understanding-bush-foods>
- ACT Government Health (2017) *Aboriginal and Torres Strait Islander Health Portal*, <http://health.act.gov.au/our-services/aboriginal-torres-strait-islander-health>
- Australian Government (2014) *Health Heroes: I Heart My People*, <http://healthheroes.health.gov.au/internet/heroes/publishing.nsf>
- Australian Government (2013) *Health Heroes: Resources*, <http://healthheroes.health.gov.au/internet/heroes/publishing.nsf/Content/Resources>
- Australian Government (2013) *National Aboriginal and Torres Strait Islander Health Plan 2013-2023*, [http://www.health.gov.au/internet/main/publishing.nsf/content/B92E980680486C3BCA257BF0001BAF01/\\$File/health-plan.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/B92E980680486C3BCA257BF0001BAF01/$File/health-plan.pdf)
- Australian Government Department of Health (2017) *Indigenous Health* <https://www.health.gov.au/Indigenous>
- Australian Human Rights Commission (2005) *Achieving Aboriginal and Torres Strait Islander health equality with a generation: a human rights based approach*, <https://www.humanrights.gov.au/publications/achieving-aboriginal-and-torres-strait-islander-health-equality-within-generation-human>
- Australian Indigenous HealthInfoNet (2017) <http://www.healthinonet.ecu.edu.au/>

- Australian Institute of Aboriginal and Torres Strait Islander Studies (2015) *Subject guide – Indigenous Australian use of plants for food and medicine*, <http://aiatsis.gov.au/publications/products/subject-guide-indigenous-australian-use-plants-food-and-medicine>
- Australian Sports Commission (2008) *Yulunga: Traditional Indigenous Games*, http://www.ausport.gov.au/participating/resources/indigenous/full_resource
- House of Representatives Standing Committee on Aboriginal and Torres Strait Islander Affairs (2013) *Sport – More Than Just A Game: Inquiry into the contribution of sport to Indigenous wellbeing and mentoring*, http://www.aph.gov.au/Parliamentary_Business/Committees/House_of_Representatives_Committees?url=atsia/sport/report.htm
- Kids Matter (2017) *Understanding Aboriginal Concepts of Health*, <https://www.kidsmatter.edu.au/health-and-community/eneewsletter/aboriginal-concepts-health>
- Menzies School of Health Research (2017) *Indigenous Health*, http://www.menzies.edu.au/page/Research/Indigenous_Health/
- NSW Health (2009) *Cultural Respect and Communication Guide: A resource to assist sexual health service delivery to Aboriginal communities*, http://www.healthinonet.ecu.edu.au/uploads/resources/19163_19163.pdf
- Oxfam Australia (2017) *Classroom Resources- Live Strong: Close the Gap*, <https://www.oxfam.org.au/get-involved/how-schools-can-get-involved/classroom-resources/live-strong/>
- Oxfam Australia (2017) *Resources for Teachers- Term 1 featured resource: Close the Gap*, <https://www.oxfam.org.au/get-involved/how-schools-can-get-involved/resources-for-teachers/close-the-gap-student-kit/>
- SBS/NITV (2017) SBS/NITV (2017) *Mayi Jilbamun (Food Journey)*, <http://www.sbs.com.au/nitv/feature/mayi-jilbamun>
- Secretariat of National Aboriginal and Islander Child Care (2007) *Nutrition (Bush Tucker) Game*, <http://www.snaicc.org.au/nutrition-bush-tucker-game-2007-snaicc/>
- Secretariat of National Aboriginal and Islander Child Care (2008) *Cooking with Bush Foods*, <http://www.snaicc.org.au/cooking-bush-foods-2008-snaicc-naicd-2009priscilla-reid-loynes/>
- Secretariat of National Aboriginal and Islander Child Care (2017) *Tools and Resources: Health, Healing and Tucker*, <http://www.snaicc.org.au/category/health-healing-and-tucker/>

Reflective Questions for Health and Physical Education Staff and Students

- How have Aboriginal and Torres Strait Islander histories and cultures influenced Australian health, sports and physical education, and what active role do these histories and cultures play today?
- What is the relationship between physical, socio-emotional, cultural and spiritual wellbeing for Aboriginal and Torres Strait Islander peoples? Why is this relationship important to appreciate?
- What is the relationship between Aboriginal and Torres Strait Islander health and physical education and other subject/learning areas such as Dance, History, or Geography? Why are these relationships important?
- What are some of the similarities and differences between non-Indigenous and Aboriginal and Torres Strait Islander perspectives and practices relating to health and physical education? What are some of the ways in which these conventions have or can work together in interesting and important ways?
- Choose to research an Aboriginal or Torres Strait Islander sportsperson, health professional or wellbeing campaigner. What is the importance of his or her contributions to health and physical education, either at the local or (inter)national scale?
- Choose to research a key date in the more contemporary history of Aboriginal and Torres Strait Islander health and physical education. What was, or is, the significance of this event to the subject/learning area of health and physical education and/or to reconciliation?
- Where possible and appropriate, organise an excursion to a public Aboriginal and Torres Strait Islander health or physical education-related event. What important messages, information or ideas did you gain through engaging with this event?
- How might your school or early learning service contribute to the celebration of Aboriginal and Torres Strait Islander health and physical education?
- How can embedding Aboriginal and Torres Strait Islander histories and cultures into the study and practice of Health and Physical Education help to foster reconciliation?