

Health and Physical Education (Core Subject)

Subject Code: HPE

Prerequisites: A positive attitude towards physical exercise is essential.

Additional Subject Fee: Nil

Course Overview

The Australian Curriculum V9 Health and Physical Education (9-10) aims to develop the knowledge, understanding and skills to enable students to:

- propose and evaluate personal strategies to manage their identities, emotions and responses to change.
 - evaluate how attitudes and beliefs about equality, respect, diversity and inclusion influence the nature and quality of relationships.
 - propose and justify strategies to manage online and offline situations where their own or others' health, safety, relationships or wellbeing may be at risk.
 - synthesise health information from credible sources to propose and justify strategies to enhance their own and others' health, safety, relationships and wellbeing.
 - evaluate and refine their own and others' movement skills and performances and apply movement concepts in challenging or unfamiliar situations.
 - adapt and transfer movement strategies to unfamiliar situations to achieve successful outcomes.
 - propose and evaluate community-based physical activity interventions designed to improve the health, fitness and wellbeing of themselves and others.
 - apply and evaluate leadership approaches, collaboration strategies and ethical behaviours across a range of movement contexts.
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Course Outline

Year 9

Unit 1: Responses to change

Health unit about using personal strategies to cope with change.

Unit 2: Rethink

Health unit about communicating, seeking, giving and denying consent to develop respectful relationships.

Unit 3: Space Invaders

Practical unit about movement strategies in a range of invasion games (Basketball, Soccer, Netball, Frisbee).

Unit 4: A Level Playing Field

Health unit about equality, diversity and inclusion in sport.

Unit 5: Auskick

Practical unit about movement skills and strategies in Auskick.

Year 10

Unit 1: PT Your Community

Health unit about community-based physical activity interventions.

Unit 2: Have a go!

Practical unit about round robin competitions, leadership and teamwork.

Assessment

Assessment techniques include investigations, reports, examinations and practical performances.

Subject Requirements

Hat and/or sunscreen are mandatory for outdoor activities. Students are required to wear the sports uniform to practical lessons. Reminded to bring a water bottle also.

Career Pathways

Allied health, Rehabilitation Science, Nurse, Fitness Instructor, Police, Recreation Industry, Sports Coach/Trainer/Administrator, Sports Journalist, Teacher, Sports Nutritionist.
