HEALTH AND PHYSICAL EDUCATION (HPE)

AIMS:

Year 7 & 8 Health and Physical Education teaches students how to enhance their own and other’s health, safety, wellbeing and physical activity participation in varied and changing contexts.

The subject offers students opportunities to develop knowledge, processes, skills and attitudes necessary for making informed decisions about leading healthy lifestyles throughout the entire course of their lives.

It introduces students to practical and theoretical areas covered in Years 9 and 10 and thus assists them to make decisions regarding the choice of this subject at the completion of Year 8.

PREREQUISITES:

A positive attitude towards physical exercise is essential. Students are required to participate to the best of their ability in all practical areas.

ASSESSMENT:

Practical work constitutes the major part of assessment in the Health and Physical Education course. Subjective assessment using checklists and diagnostic tests will be used in prac. End of semester exams/assignments and book work complete the assessment items.

CONTENT: YEAR 7

Theory:
Sun safety, hydration, heat injury, fitness

Practical:
Softball, hockey, athletics, touch, netball, Australian Rules football, European Handball, minor games/dance

CONTENT: YEAR 8

Theory:
Fitness for life with a focus on fitness for games and sports.

Practical:
Aquatics – water polo, soccer, cricket, fitness unit, basketball, half court tennis, minor games/dance.

COSTS: (In addition to the Student Resource Scheme) Nil

SPECIAL SUBJECT REQUIREMENTS:
Hat and sunscreen are required for outdoor activities.
Students are required to wear the complete sports uniform to practical lessons. A folder to store theory handouts is also required. A suitable swimming costume will be needed. Swimming goggles are recommended as wearing them helps students improve their swimming technique.