

**Subject name Health and Physical Education**

**Subject code** HPE

**Course overview** In Year 7 and 8 Health and Physical Education, students develop personal and social skills through interacting with others in classroom and movement contexts. They use health and physical activity resources to enhance their own and others' wellbeing. Health and Physical Education addresses factors that influence the health, safety, relationships, wellbeing and physical activity patterns of individuals, groups and communities. Students develop the understanding to challenge discrimination, assumptions and stereotypes. They gain skills to take positive action regarding diversity, inclusion, consent and respect in different social contexts.

Health and Physical Education is a core learning area under the Australian Curriculum and is covered over two terms each year.

**Course outline**

**Content: Year 7**

- Unit 1: Food for Life
- Unit 2: Water Safety and Swimming
- Unit 3: Respectful Power Dynamics
- Unit 4: Dance Fitness Fun

**Content: Year 8**

- Unit 1: Games we play (Ultimate Disc)
- Unit 2: Water Safety and Swimming
- Unit 3: Get your motor running (Touch Football)
- Unit 4: Approaching Adolescence

**Assessment** Ongoing practical performance and written/spoken assignments and exams constitute assessment in the Health and Physical Education course.

**Subject requirements** Hats and the complete sports uniform are required for all practical lessons. Suitable swimwear is required for the Water Safety and Swimming units. Swimming goggles and bathing caps are recommended, but optional. A display folder to store theory handouts is also required.