

Subject name Health and Physical Education

Subject code HPE

Course overview Year 7 and 8 Health and Physical Education course prepares students with the skills of how to enhance their own and others' health, safety, wellbeing and physical activity participation in a variety of contexts. Students will develop knowledge, processes, skills and attitudes necessary for making informed decisions about leading healthy lifestyles. Students will explore strategies to manage changes and transitions and their impact on relationships and identities. They examine how connecting to the environment can also enhance health and wellbeing. Students will have the opportunity to demonstrate control and accuracy when performing specialised movement skills.

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: Cultural Understandings
- Unit 4: Yulunga Indigenous Games

Content: Year 8

- Unit 1: Minor Games (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.