

<b>Subject name</b>	<b>Health and Physical Education</b>	
<b>Subject code</b>	HPE	
<b>Additional subject cost</b>	Nil	
<b>Prerequisites</b>	A positive attitude towards physical exercise is essential. Students are required to participate to the best of their ability in all practical areas.	
<b>Course overview</b>	<p>The Australian Curriculum: Health and Physical Education (F–10) aims to develop the knowledge, understanding and skills to enable students to:</p> <ul style="list-style-type: none"> <li>- access, evaluate and synthesize information to take positive action to protect, enhance and advocate for their own and others' health, wellbeing, safety and physical activity participation across their lifespan</li> <li>- develop and use personal, behavioral, social and cognitive skills and strategies to promote a sense of personal identity and wellbeing and to build and manage respectful relationships</li> <li>- acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings</li> <li>- engage in and enjoy regular movement-based learning experiences and understand and appreciate their significance to personal, social, cultural, environmental and health practices and outcomes</li> <li>- analyse how varied and changing personal and contextual factors shape understanding of, and opportunities for, health and physical activity locally, regionally and globally.</li> </ul>	
<b>Course outline</b>		
	<b>Year 9</b>	<b>Year 10</b>
	Unit 1: Active Aussies (Health theory) Unit 2: Swimming and water safety (Practical) Unit 3: Community health promotion (Health theory) Unit 4: Space invaders (Practical)	Unit 1: PT Yourself (Health theory and Practical)
<b>Assessment</b>	Assessment techniques and formats include a combination of practical and theoretical. Students will complete investigation inquiries, examinations and practical responses.	
<b>Subject requirements</b>	<b>Hat and/or sunscreen are mandatory for outdoor activities.</b> Students are required to wear the sports uniform to practical lessons. A ring binder to store theory handouts is also required. Students will need a suitable swimming costume and goggles for Year 9, Unit 2.	
<b>Career opportunities</b>	Allied health, rehabilitation science, nurse, fitness instructor, police, recreation industry, sports coach/trainer/administrator, sports journalist, teacher, sports nutrition.	