

HEALTH & PE

Health Education

10PHE

SUBJECT DESCRIPTION:

This subject aims to enhance the physical, mental, spiritual, social and emotional dimensions of health and well-being of students by increasing their knowledge of skills useful in everyday life, helping them understand themselves and others in developing skills needed in engaging in relationships, making decisions and taking action.

In this unit, students will study:

- Health and wellbeing dimensions
- Sexuality Education
- Nutrition
- Body Image
- Drugs & Alcohol

VCE SUBJECT LINKS

Health and Human Development

THIS SUBJECT ENHANCES LEARNING IN:

Developing skills in taking control of their own health and wellbeing while being active members of the class and contributing to the classroom community through discussion, activities and real-life scenarios.

ASSESSMENT:

- Health and wellbeing presentation
- Dietary Analysis
- Youth Health Issues Research Project
- End of semester exam

Sports Science

10PES

SUBJECT DESCRIPTION:

This unit will provide students with the background for the understanding required for Year 11 and 12 Physical Education. This course is targeted to students who are planning to do VCE PE and contains more complex content than the General PE courses. Practical classes will include laboratory tasks that complement theory work, as well as a range of minor games.

In this unit, students will study:

- Anatomical movements
- Skeletal system
- Muscular system
- Cardiorespiratory system
- Energy systems

VCE SUBJECT LINKS

Physical Education

THIS SUBJECT ENHANCES LEARNING IN:

Understanding of the way human movement is facilitated during physical activity.

ASSESSMENT:

- Musculoskeletal Test
- Movement of the musculoskeletal system lab report
- Cardiorespiratory Test
- Cardiorespiratory system lab report
- Energy systems assignment
- Exam