

Health and Physical Education

SUBJECT DESCRIPTION:

Health and Physical Education focuses on students enhancing their own and others' health, safety, wellbeing and physical activity participation in varied and changing contexts. Health and Physical Education offers students an experiential curriculum that is contemporary, relevant, challenging, enjoyable and physically active.

In Year 8 all students will have the opportunity to participate in 4 practical and 2 theoretical units of Health and Physical Education per fortnight. Content in these practical and theoretical components will be closely linked and successful completion will require effective involvement and the development of knowledge and skills in all aspects of the course. Individual achievement will be assessed according to standards set in the Victorian Curriculum.

The theory components will include Lifestyle Diseases, Drug and Alcohol Education, Games Conception, Relationships and Identity, and Sexual Education. Practical activities will include Fitness Testing, Invasion Sports, Games Conception, Net/Court Sports, Recreational Activities, and Minor Games.

Additionally, students will have the opportunity to select from a range of recreational activities in both Terms 1 and 4. Many of these activities will be run off campus and will aim to involve students in the wider community, with a focus on experiential learning.