

Health Education

SUBJECT DESCRIPTION:

Health Education aims to:

- promote attitudes and behaviours which contribute to personal and community well-being
- develop the ability to make decisions about personal and community health matters and to encourage students to take responsibility for such decisions
- provide accurate information about health and health-related matters
- develop an understanding of factors which influence the quality of life enjoyed by an individual or a community
- promote good health, fitness and a quality lifestyle

Topics include the following:

- Protective Behaviours / Resilience
- Harassment / Bullying : strategies to deal with it
- Being myself: personal values, peer pressure, individual rights and responsibilities, resolving conflict
- Developing essential social skills and improving social interaction
- Health issues related to basic hygiene
- Respectful relationships
- Puberty and basic introduction to reproductive systems
- Fitness: fitness components, healthy active lifestyles
- Personal Health Reflection

Assessment is based upon student co-operation, contribution and responsibility within the group, as well as written work, topic tests, posters, research assignments and ICT based assignments.

In addition to assessing set tasks, individual achievement will be reported in relation to the Victorian Curriculum.

Physical Education

SUBJECT DESCRIPTION:

The Physical Education Program is designed to help each student to become a well-adjusted and co-ordinated person. This is achieved through a varied and challenging program, whereby individual potential is developed in a physical, mental, emotional and social capacity.

The practical activities will include: Fitness Testing, Fundamental Motor Skills, Invasion Games, Striking and Fielding sports, Net sports, Gymnastics, Athletics, Basketball, Hockey, Netball, Volleyball and Soccer.

Each student will be assessed according to organisation, attitude, performance, knowledge of rules and strategies, teamwork and progress in practical sessions; and the completion of theory tasks where it may apply.