

Health & Physical Education

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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 9, all students will have the opportunity to participate in two practical units of Physical Education and two theoretical units of Health per week. Content in these practical and theoretical 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 Personal Identity, Movement Analysis, Mental Health, Respectful Relationships and Drug and Alcohol Education.

Practical activities will include Fitness Testing, Fitness Training, Movement Analysis Tasks, SEPEP program (Sport Education in Physical Education Program), and Target based Recreational Games 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.

Advance Sport & Recreation

Students selected to complete the Advance Sport & Recreation program will have the opportunity to complete their Surf Rescue Certificate (SRC), this requires the successful completion of both practical and theoretical components, assessed by Life Saving Victoria. Students will also work on developing open water (surf beach) awareness and skills via surfing, with a focus on technique development and safe participation.

Additionally, students will be required to complete major projects and coursework that align with the current Year 9 curriculum with a focus on leadership development.

Students who enrol in this program will be required to pay a levy of \$100 per semester to supplement the cost of uniforms, camps, bus travel and specialised equipment and facilities hire.

The Advance program is an introduction to Sport & Recreation offered in Year 10 for students who may be interested in completing this year long subject.

The Advance course in Year 9, runs over 2 semesters and is undertaken instead of the mainstream Physical Education core program.