

# HEALTH & PE KLA

YEAR 10 INTO 11 PRESENTATION



# HEALTH & PE KLA | SUBJECTS (2025)

|  | HEALTH  | OUTDOOR EDUCATION  |
|--|---|--|
| <i>In Year 10,<br/>I enjoyed subjects including:</i> | <ul style="list-style-type: none"><li>• <i>Health Education</i></li></ul>                     | <ul style="list-style-type: none"><li>• <i>Outdoor Education</i></li><li>• <i>VET Sport &amp; Recreation</i></li></ul>   |
| <b>VCE</b><br><i>(Subject Choices)</i>               | <ul style="list-style-type: none"><li>• <b>Health &amp; Human Development (HHD)</b></li></ul> | <ul style="list-style-type: none"><li>• <b>Outdoor &amp; Env. Studies</b></li><li>• <b>VET Sport &amp; Recreation</b></li><li>• <b>VM VET Outdoor Recreation</b></li></ul> |

# HEALTH & PE KLA | SUBJECTS (2025)

|   | PHYSICAL EDUCATION  | VET SPORT & RECREATION   |
|---|---|--|
| <p><i>In Year 10,<br/>I enjoyed subjects including:</i></p> | <ul style="list-style-type: none"> <li>• <i>Physical Education</i></li> <li>• <i>Sports Academy (AFL &amp; Bball)</i></li> <li>• <i>Sports Science</i></li> </ul> | <ul style="list-style-type: none"> <li>• <i>VET Sport &amp; Recreation</i> <ul style="list-style-type: none"> <li>○ <i>Recreation</i></li> <li>○ <i>Surfing</i></li> </ul> </li> </ul> |
| <p><b>VCE</b><br/><i>(Subject Choices)</i></p>              | <ul style="list-style-type: none"> <li>• <b>Physical Education</b></li> <li>• <b>VM Physical Education</b></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>VET Sport &amp; Recreation</b></li> </ul>  |

# SUMMARY OF VCE SUBJECT OFFERINGS

## YEAR 11

- Health & Human Development Unit 1 & 2
- Outdoor & Env. Studies Unit 1 & 2
- Physical Education Unit 1 & 2
- VCE Cert III Sport & Recreation Units 3&4
- VM VET Cert II Outdoor Recreation
- VM Physical Education Unit 1 & 2

## YEAR 12

- Health & Human Development Unit 3 & 4
- Outdoor & Environmental Studies Unit 3 & 4
- Physical Education Unit 3&4
- VM Physical Education Unit 3& 4
- VM VET Cert II Outdoor Recreation

# HEALTH & HUMAN DEVELOPMENT (HHD)

## UNIT 1

### 1.1 - Health Perspective & Influences

- Health & wellbeing
- Perspectives according to age, culture, religion, gender & SES
- Health indicators including morbidity, mortality, life expectancy
- Health status of Australia's Youth

### 1.2 – Health & nutrition

- Function & sources of nutrients
- Food models (guide to healthy eating, pyramid, health star ratings)
- Tactics used in marketing
- Enablers & barriers to healthy eating

### 1.3 Youth Health & Wellbeing

- Concerns of young people & youth health

## UNIT 2

### 2.1 – Developmental transitions

- Human lifespan (youth & adulthood)
- Characteristics of healthy & respectful relationships
- Role of parents, carers and/or family environments

### 2.2 – Health care in Australia

- Medicare, PBS & private health insurance
- Services available in the local community
- Rights & responsibilities with accessing health services

# HEALTH & HUMAN DEVELOPMENT (HHD)

## WHAT ACTIVITIES WILL I DO?

- Nutrition Investigations
- Explore Community Health Services
- Interactive activities
- Collaborative classroom games

## WHAT CAREERS DOES THIS LEAD TO?

- Nursing
- Nutritionist / Dietitian
- Mental Health & Wellbeing Services
- Midwife / Paramedic
- Health Promotion
- Education / Teaching

# HEALTH & HUMAN DEVELOPMENT (HHD)



# OUTDOOR & ENVIRONMENT STUDIES

## UNIT 1

- **Connections with Outdoor Env.**
  - How humans connect with environments
  - Why environments are important
  - Personal responses to environments
  - Risk involved in outdoor experiences
  - Participating in outdoor environments

## UNIT 2

- **Discovering Outdoor Env.**
  - Types of outdoor environments
  - How environments are managed
  - Impacts of activities to environments
  - Leading peers in outdoor activities
  - Promoting sustainable interactions



# OUTDOOR & ENVIRONMENTAL STUDIES

## WHAT ACTIVITIES WILL I DO?

### **Range of Outdoor activities including:**

- Snorkelling
- Surfing
- Hiking
- Canoeing
- Rock Climbing

### **Camp:**

- Hiking Camp (Cape Liptrap)

## WHAT CAREERS DOES THIS LEAD TO?

- Park Ranger
- Nature-based tourism
- Leading Recreational activities
- Natural resource management
- Environmental research
- Education / Teaching

# OUTDOOR & ENVIRONMENTAL STUDIES

YR.11 Camp - Cape Liptrap



YR.12 Camp - Wilsons Prom





YR.11 Camp - Cape Liptrap (2023)

# PHYSICAL EDUCATION (PE)

## UNIT 1

- The human body in motion
- How does the musculoskeletal system work to produce movement?
- What role does the cardiorespiratory system play in movement?

## UNIT 2

- Physical activity, sport, exercise and society
- How does physical activity, sport and exercise contribute to healthy lifestyles?
- What are contemporary issues associated with physical activity and sport?

**(30% PRACTICAL | 70% THEORY)**

# PHYSICAL EDUCATION (PE)

## WHAT ACTIVITIES WILL I DO?

- Participation in a variety of sports and physical activity
  - Team games
  - Fitness related activities
  - Movement analysis
- Labs linked to theory content

## WHAT CAREERS DOES THIS LEAD TO?

- Sports Coaching
- Strength & conditioning
- Sports science – bio mechanist
- Physio, Osteo, Chiropractor
- Sports administration
- Education / teaching

**(30% PRACTICAL | 70% THEORY)**

# PHYSICAL EDUCATION (PE)

The infographic features a central image of a male athlete in a blue shirt and black shorts, captured in a dynamic, low-to-the-ground starting crouch. The background is a light blue and white grid with various scientific terms and molecular diagrams. On the left, a large blue molecular structure is prominent. On the right, there are faint anatomical illustrations of a human head and torso. The text is arranged in several columns and blocks, providing interesting facts about the human body and science.

**SCIENCE**

Biochemistry    Physiology  
Psychology    Anatomy  
Physiology  
Anatomy  
Biology

⊙ Anaerobic respiration refers to high intensity activities over a short duration while aerobic respiration refers to physical activity performed at a moderate level over longer periods of time.

⊙ 1/4 of your bones are in your feet. There are 26 bones in each foot, meaning that the 52 bones in your feet account for 25 percent of your body's 206 bones.

⊙ The amazing computational power of your brain only makes up 2% of your total body weight. The amazing computational power of your brain only requires about 30 watts of power to operate.

⊙ We have 206 bones, 600 muscles and a heart that circulates blood 1000 times a day.

⊙ Approximately two-thirds of a person's body weight is water. Blood is 92% water. The brain is 75% water and muscles are 75% water.

⊙ If all your DNA were stretched out, it would reach to the moon 6000 times.

⊙ A typical athlete's heart pumps 25 to 30 litres (up to 8 gallons) of blood per minute.

⊙ If the amount of water in your body is reduced by just 2%, you'll feel thirsty.

**(30% PRACTICAL | 70% THEORY)**

# PHYSICAL EDUCATION (PE)

## 30sec Wingate Test



## VO2 Max Test



# VET SPORT & RECREATION

## WHAT WILL I LEARN?

### **Certificate III in Sport, Aquatics and Recreation:**

- Skills and knowledge to work in the sport, aquatic or recreation industries.
- Leadership Skills
- Activity Skill (Hard Skills)
- This is a follow on from Advance at Year 10 to enrol at this point you need to speak with Mr Osmond.

## WHAT ACTIVITIES WILL I DO?

### **Range of Outdoor activities including:**

- Aquatic activities
- Splatball
- Indoor Rock Climbing
- Conducting peer coaching sessions
- A range of outdoor activities

### **Camps**

- Wilsons Prom Camp
- Snow Camp at Mt Hotham



# VET SPORT & RECREATION

## PATHWAYS THROUGH TO VCE/VET?

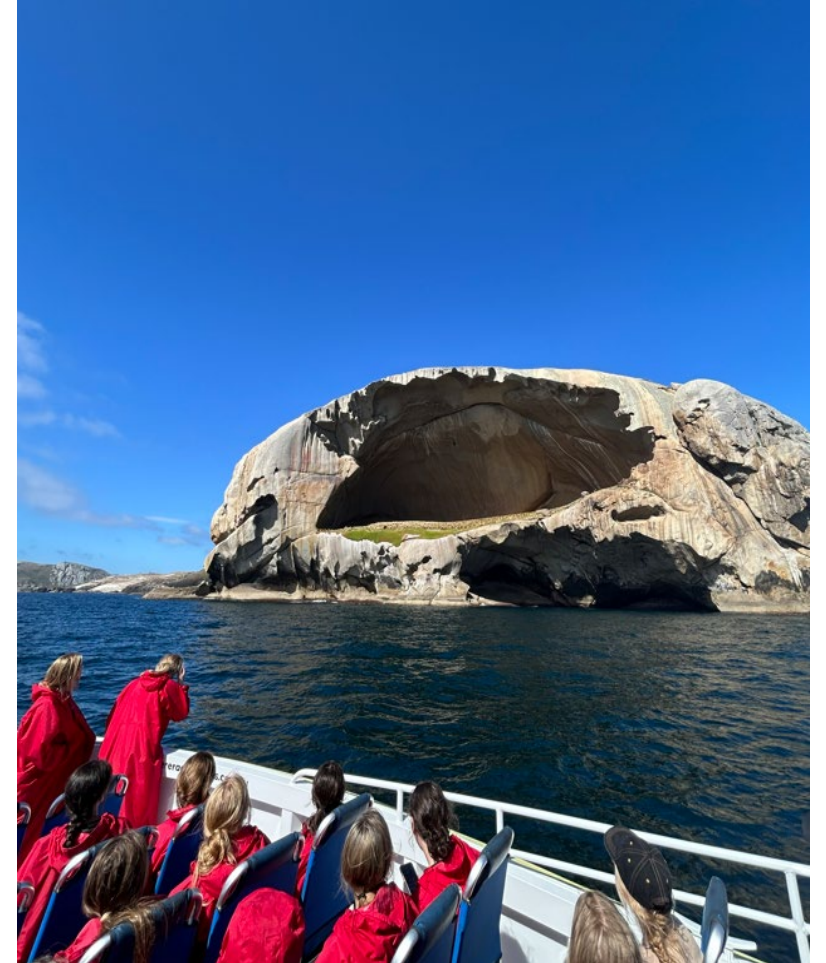
- VET Certificate 3  
in Sport, Aquatics and Recreation
- VCE VET Sport, Aquatics and  
Recreation  
Unit 1 and 2  
Unit 3 and 4

## WHAT CAREERS DOES THIS LEAD TO?

- Sport and Fitness Industry
- Sports coach
- Lifeguard
- Recreation officer



# VET SPORT & RECREATION



# EXPLORING CAREER PATHWAYS

## Healthcare

### *Recommended subject sequences*

- Health & Human Development
  - Biology
- Any maths
- English

## Sport & Exercise Sciences

### *Recommended subject sequences*

- PE
- Biology
- Any maths
- English

## Education

### *Recommended subject sequences*

- English
- Any maths

# EXPLORING CAREER PATHWAYS

## Outdoor Recreation Leader

### *Recommended subject sequences*

- **Year 10**
  - Outdoor Ed
  - VET Sport & Rec
- **VCE**
  - Outdoor & Environmental Studies
  - VET Sport & Recreation
  - English

## Parks Ranger

### *Recommended subject sequences*

- **Year 10**
  - Outdoor Ed
  - VET Sport & Rec
- **VCE**
  - Outdoor & Environmental Studies
  - VET Sport & Recreation
  - English

# MORE INFORMATION

## Key Contacts FOR SUPPORT

- 1. Health Education – Saskia Schmidt & Kate Malzinskas**
- 2. Physical Education – Tim Hooper & Jim Lees**
- 3. Outdoor Education – Brendan Webb & Jack Parsons**
- 4. Sport & Recreation – Travis Osmond & Mike McHugh**