

HEALTH & PE

Health Education

10HEA

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
- Youth Issues
- Participation in recreational physical activity promoting a health lifestyle e.g. yoga, lawn bowls, beach walks

VCE SUBJECT LINKS

Health and Human Development

Health Support Services VCE VET Cert III

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
- Feed my Family assessment task
- Youth Health Issues research project
- End of semester exam

Physical Education

10PHE

SUBJECT DESCRIPTION:

This subject aims to foster an environment in which powerful discussions surrounding issues relevant to today's youth can take place. We aim to create a space that is inclusive of all people where they feel confident to share ideas. Students will have an element of choice in the practical activities they undertake during the semester.

In this unit, students will study:

Theory Component

- Performance enhancing drugs in sport
- Skills development
- Healthy People, Healthy Communities
- Personal Physical Activity Plan
- Games Concept

Practical Component

- Games and Sports
- Coaching
- Personal Physical Activity Plan
- Community participation in sport

VCE SUBJECT LINKS

Physical Education

THIS SUBJECT ENHANCES LEARNING IN:

This subject will support students in developing their leadership skills through teamwork and participation in a variety of physical activity scenarios, as well as challenging them to attempt a variety of activities they may not have had previous experience in, while fostering an inclusive environment with others.

ASSESSMENT:

- Topic test/CAT's
- Physical activity delivery (Games Design)
- Practical participation
- End of semester exam