

Health & Physical Education

HEALTH AND PHYSICAL EDUCATION – Subject Type: Core & Choice; 1 Semester or Full Year

At year 10, students are required to partake in at least one semester of health and physical education.

Semester 1

Option 1: COMPULSORY HPE

Theory assignments allow students to demonstrate critical analysis and reflection on topics covered in class. The theory aspect of this course has two sections which are designed to help students develop lifelong learning around health and physical activity:

- SHineSA relationships and sexual health education (topics include gender equality, power, diversity of sexual attraction, relationships and contraception)
- Benefits of Physical Activity (topics include factors that influence participation and motivation, health and social benefits)

Students will undertake five different practical units in compulsory HPE, which are negotiated with the students. The practical units provide the opportunity to participate in a wide range of activities, with a focus on skill development and team play. Possible units include lacrosse, badminton, lawn bowls, netball and table tennis.

Students are expected to participate actively in a variety of roles in all practical units and dress accordingly. For hygiene reasons, students are required to bring a change of top to all practical lessons.

Option 2: COMPULSORY HEALTH

This course is designed to cover curriculum requirements while catering for students who are not engaged in the practical component of HPE. Topics include:

- SHineSA relationships and sexual health education (topics include gender equality, power, diversity of sexual attraction, relationships and contraception)
- Fitness in the community – trends, opportunities and barriers
- Planning for and implementing a healthy diet
- Effect of drugs and alcohol on health
- Harm minimisation strategies

This course still has a small practical element, where students will get the opportunity to experience various fitness and leisure activities available in the community. Students will be assessed through a variety of tasks including issues responses, a group activity and an investigation into a health issue.

Semester 2

OPTIONAL HPE

Theory assignments are a similar format to those in stage 1 and 2 physical education, and allow students to apply their understanding of the concepts covered to physical activity situations. The theory aspect of this semester is designed to prepare students who plan to continue studying physical education in year 11 and 12 (Stage 1 and 2). Topics covered include:

- Musculoskeletal and cardiorespiratory systems and changes with activity
- Fitness Components
- Training Principles and Methods
- Food for Energy
- Energy Systems

Students will undertake five different practical units in compulsory HPE, which are negotiated with the students. The practical units provide the opportunity to participate in a wide range of activities, with a focus on skill development and team play. Possible units include basketball, soccer, volleyball, ultimate Frisbee, touch football and tennis.

Students are expected to participate actively in a variety of roles in all practical units and dress accordingly. For hygiene reasons, students are required to bring a change of top to all practical lessons.

Pathways - Stage 1 Health; Stage 1 Nutrition; Stage 1 Outdoor Education; Stage 1 Physical Education

HEALTH AND PHYSICAL EDUCATION: OUTDOOR EDUCATION - Subject Type: Choice; 1 Semester or Full Year

Outdoor Education A - Aquatics/Bushwalking - Semester 1

The Term 1 aquatic session revolves around developing students' skills in a range of activities including sailing, orienteering and rock climbing. During Term 2, students focus on their overnight bushwalking camp and outdoor living skills. The assessment for both of these units is: 50% practical and 50% theory. Please note theory is based on practical endeavours and therefore attendance is pivotal to student success.

Outdoor Education B - Aquatics/Rock Climbing/Day Walk - Semester 2

Term 3 focuses on day walks and an overnight rock climbing. The Term 4 aquatic session develop students' skills in wind surfing and kayaking. The assessment for both these units are: 50% practical and 50% theory. Theory topics include:

- Weather
- Ecology
- Risk management
- Camp craft
- Leadership
- Sustainable futures

Note

- For students to satisfactorily meet the requirements of this course they must attend all practical experiences held for the semester.
- Students must also attend 80% of practical classes to gain the necessary skills needed to attend the camps safely.
- Students must be prepared to meet the cost of the camp as well as make up the work missed in subject areas affected by the time spent out of school.
- There are additional costs associated with this subject (ranging from \$50-\$100 per semester depending on the activities chosen).

Pathways – Stage 1 Biology; Stage 1 Health; Stage 1 Marine Science; Stage 1 Outdoor Education; Stage 1 Physical Education

HEALTH AND PHYSICAL EDUCATION: SPORTS ACADEMY – Subject Type: Choice; 1 Semester

Sports Academy A- Semester 1

The Sports Academy at year 10 has a strong focus on popular community sports. It is preferred, but not essential, that students have been involved in Sports Academy in years 8 and 9. Practical units in Sports Academy may consist of netball, AFL or basketball, or a combination of these. Theory topics within this subject focus on 'behind-the-scenes' aspects of sport, including coaching, umpiring and sports administration. As part of this course, students will also be required to be involved in coaching and umpiring in events such as SAPSASA and SSSSA Knockout sport.

Students will develop strategies to improve sporting performance and monitor this improvement through strategic data collection and analysis. Students will learn to evaluate their strategies and make recommendations for the future.

Sports Academy gives students the opportunity to explore the knowledge, skills and understandings that students are expected to develop and demonstrate in Stage2 (Year 12) Physical Education.

This class is necessary for any students wanting to do Physical Education at year 12.

Pathways – Stage 1 Health; Stage 1 Nutrition; Stage 1 Outdoor Education; Stage 1 Physical

Education