

Health & Physical Education

HEALTH AND PHYSICAL EDUCATION - Full Year

Health and Physical Education at Year 7 introduces students to key concepts that are embedded throughout the secondary curriculum. Student assessment is based on a combination of practical and theoretical achievement. The theory content covered includes body systems, goal setting, adolescent changes, fitness factors and fitness programs. Students will develop skills needed for effective group functioning through small sided games and team building challenges; as they familiarize themselves with their new peers. Court-divided and field invasion activities are performed throughout the year to improve fundamental movement skills and strategies.