

Health & Physical Education

HEALTH AND PHYSICAL EDUCATION - Subject Type: Split; Full Year

Health and Physical Education at Year 9 involves theoretical and practical components. A range of sports and physical activities are offered to develop the physical, social and mental aspects of students' lives.

Theory includes a variety of health topics including Relationships, Bullying, Sexual Health, Nutrition, Outdoor Education, basic Anatomy and Physiology, and Sport-Specific theory. The complexity of tasks increases throughout the year levels as students begin to apply concepts.

Practical units cover a range of individual and team-based activities, including, batting and fielding games, court divided games, and invasions games, with a focus on skill development and team play.

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

Pathways - Year 10 Health and Physical Education; Year 10 Health; Year 10 Outdoor Education

HEALTH AND PHYSICAL EDUCATION: SPORTS ACADEMY - Subject Type: Split; 1 Semester or Full Year

Students involved in the Sports Academy at PASS are given the opportunity to develop skills in both literacy and numeracy via the medium of sports. The program caters for both boys and girls with male and female specific classes being run during year 8 and 9. Students are given the opportunity to develop their skills and knowledge in sports that are prominent in the community, including Netball, Football, Soccer, Cricket, Touch Football and Basketball via practical sessions run within lesson time.

It is encouraged that students are already involved in these sports within the community. This includes, but is not limited to coaching, nutrition, training, administration, and how a season is structured.

Students are required to apply if they wish to be involved in the program, and upon successful application must adhere to the school's behaviour policies as these students will be representing both the Sports Academy and Port Augusta Secondary School in both local and regional competitions.

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.

For further information, please contact the Program Coordinator on 86473300.

Pathways - Year 10 Sports Academy; Year 10 Health and Physical Education; Year 10 Health; Year 10 Outdoor Education