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| DURATION OF SUBJECT | ONE YEAR | |
| FINANCIAL COMMITMENT | REFER TO FEE SCHEDULE | |
| COURSE REQUIREMENTS | Students will need to be willing to engage in a range of practical activities, with a particular focus on Touch Football, Basketball, Fitness and other modified ball sports. It is expected that students wear a hat and sunscreen when participating in outdoor activities. Sunscreen will be provided if the student cannot provide their own. A water bottle is also encouraged. | |
| COURSE CONTENT | | |
| UNIT 1 | | ASSESSMENT |
| <p>Safety, Challenge and Adventure Activities and Games and Sport</p> <p>Students investigate strategies and practices that enhance their own, other's and community safety and wellbeing. Students investigate and apply movement concepts and select strategies to achieve movement and fitness outcomes. They demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others' health, safety and wellbeing.</p> | | Written presentation and practical performance |
| UNIT 2 | | ASSESSMENT |
| <p>Relationships, Sexuality and Games and sport</p> <p>Students evaluate strategies and resources to manage changes and transitions and investigate their impact on identities. Students analyse factors that influence emotional responses. Students apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity. Students evaluate the impact on wellbeing of relationships and valuing diversity.</p> | | Project – Folio and practical performance |
| UNIT 3 | | ASSESSMENT |
| <p>Alcohol and other drugs, Safety and challenge and adventure activities</p> <p>Students investigate strategies and practices that enhance their own, other's and community health, safety and wellbeing. Students apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity. Students demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others' health, safety and wellbeing.</p> | | Multimodal presentation and practical performance |
| UNIT 4 | | ASSESSMENT |
| <p>Health benefits of physical activity, Games and sport and Lifelong Physical Activity</p> <p>Students investigate and apply movement concepts and select strategies to achieve movement and fitness outcomes. Students apply movement concepts and refine strategies to suit different movement situations. Students apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity</p> | | Written Journal and practical performance |
| CAREER PATHWAYS | | |
| Students interested in Health and Physical Education may be interested in exercise science, biomechanics, the allied health professions, psychology, teaching, sport journalism, sport marketing and management, sport promotion, sport development and coaching. | | |
| FIND OUT MORE | | |
| https://www.australiancurriculum.edu.au/f-10-curriculum/health-and-physical-education/ | | |

