HEAD OF DEPARTMENT: Jane Hurley

SUBJECT OUTLINE:
Students learn to develop knowledge and understanding, processes, skills and attitudes necessary to make informed decisions related to a range of health and physical education topics. They will develop concepts and skills relating to physical activity and personal development.

The Health and Physical Education program provides students with the opportunity to participate in a wide variety of physical activities. Within this program students will have the opportunity to apply specific strategies and skills taught to improve and evaluate physical performance.

Students in Year 7 study relationships and communication, athletics and its rules, risk taking issues and puberty. In the practical aspect of the course student participate in movement skills, athletics, tee ball and touch football/oz tag.

CONTRIBUTES TO OP: No

ASSESSMENT OUTLINE: Students are assessed using assignments, exams, work booklets which are due towards the end of each term. Practical performance is ongoing assessment throughout the term.

CAREER PATHWAYS:
Senior subject choices include:
- Physical Education
- Certificate III in Fitness
- Certificate II in Outdoor Recreation

The successful study of HPE could lead to a career in areas such as:
Health and Physical Education teacher Dietician/Nutritionist
Physiotherapy / Occupational therapy Personal trainer / Sports coach/trainer
Sports administrator / Sports Management Leisure management

COSTS: There are no costs for this subject.

STUDENT REQUIREMENTS/PREREQUISITES: HPE is a compulsory subject for all students in years 7-10. All students are required to bring a hat for practical lessons.