

Duration: Full Year

Course Overview

The primary focus of Health and Physical Education is to learn about the key components of a healthy lifestyle and to actively engage in activities to improve fitness, skills and wellbeing. At Elanora High we encourage all students to be actively involved in the HPE and Sport programs in the belief that the foundations set will prepare our students for a fulfilling life. Academy classes are established to challenge and reward students who have excelled both academically and physically in previous years. A personalised approach is taken with this class with students being provided with regular feedback and assistance to help achieve personal goals. **Practical topics can change according to sporting backgrounds of students.** Individual programs can be accommodated within the class. Students are timetabled to one additional compulsory lesson per week devoted to cross training. This lesson is an Early Start lesson. All class members have an individual contract, pay a program fee and go through a screening process for eligibility. It is a performance based program whereby results are reviewed every term.

Objectives

By the conclusion of the course of study, students will:

- Be exposed to a wide range of fitness components and tests in order to enhance performance.
- Learn various health topics to better understand the anatomy and functions of the human body
- Gain an appreciation of how to best care for the human body to have a fulfilling and healthy life.
- Be exposed to a range of community facilities and expertise that contribute to overall improved performance.

A course of study in Health and Physical Education promotes life- long learning with foundation concepts around the benefits of exercise, fundamentals required to play all sports and to promote healthy living.

Structure

Semester 1 – Units 1 and 2	Semester 2 – Units 3 and 4
<p>Practical: Fitness - Testing, Minor Games and Athletics Recreation/ Challenge and Adventure e.g. Orienteering Moving our body - e.g. Body awareness, skipping and boxercise Invasion Games e.g. Basketball, Netball, Oztag</p>	<p>Practical Game and sport – game sense concepts facilitated through a range of field sports, court sports and or net sports</p>
<p>Theory: Safety in Sport - Being Healthy, Safe and Active (i) e.g. playing safely, rules, skills to promote safety in sport Fitness - Contributing to healthy and active communities e.g. promoting health through fitness Sex Education - Being Healthy, Safe and Active (ii) e.g. puberty and sexual identities. Nutrition Guidelines - Contributing to healthy and active communities (ii) e.g. food serving recommendations (healthy eating)</p>	<p>Theory: Fitness - Introduction to the energy systems Feedback for performance Anatomy/Physiology – the human body Goal setting Team cohesion Functional anatomy</p>

Assessment

Year 7 students will be assessed across a range of written tasks including short answer exam, essay, report, planning and reflective responses. The practical component will incorporate knowledge and understanding of topics taught, implementing and applying skills with an emphasis on safety and participation.

Equipment

USB Flash Disk, 1 x A4 Exercise book, display folder

Subject Fees

A program fee applies. Please refer to the Schedule of Fees on the school website. Most class excursions are included within the fee structure. This fee does not include the cost of the Academy camp held during the year.