

Duration: Full Year

Indicators of Success

- Improved level of general fitness
- Improved level of skill to complement his/ her specialized sport
- Achievement of personal goals for academic and sport.

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 skills associated with field, net or court sports.
- Experience a variety of athletic events with opportunity to specialize in areas of strength across the core areas of running, throwing and jumping.
- Learn about various legal and other drugs to include benefits and associated risks.
- Be aware of various community health clinics and services that they can access in our local district.
- 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 the promotion of healthy living and well-being.

Structure

Semester 1 – Units 1 and 2	Semester 2 – Units 3 and 4
<p>Practical: Game sense concepts Facilitated through minor games, futsal and basketball Athletics to include throws, jumps and running events Touch sports – skills/drills (1)</p>	<p>Practical: Touch sports – skills/drills (2) Net Games – Skills e.g. Tennis, Volleyball, Badminton Team Sports/Bat and Ball - Facilitated through Softball, Baseball, Tee Ball, Cricket</p>
<p>Theory: Wellbeing Being Healthy, Safe and Active (iii) e.g. mental, social and physical well-being Accessing health information and services Fitness Understanding Movement e.g. understanding heart rates/ fitness components for improvement Personal fitness program to improve performance Legal Drugs Being Healthy, Safe and Active (iv) e.g. reasons why people use/not use drugs such as alcohol and tobacco Other Drugs Other drugs; promoting fairness and ethical behaviour in sport</p>	<p>Theory: Physiology and Anatomy Biomechanics</p>

Assessment

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.

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.