

Sport and Health Science Academy (Year 9)

Faculty: HPE HOD: Tony Rapallo

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Duration: Full Year

Indicators of Success

- Improved level of general fitness
- Improved level of skill in exposed sport electives
- Broader knowledge of health concepts for general well being

Course Overview

The primary focus of Health and Physical Education is to not only learn about the key components of a healthy lifestyle but more importantly to actively engage in activities to improve fitness skills and wellbeing. The benefits of learning physical skills in a team or class environment cannot be underestimated. 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. 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. Therefore, HPE is a CORE subject that Year 9 students will be involved in for the whole year with emphasis to improve fitness, skills and knowledge to compliment academic and sporting goals.

Objectives

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

- Be exposed to a wide range of skills associated with Net Sports, Field Sports, Bat and Ball and Target Sports.
- Experience a variety of athletic events with the opportunity to specialize in areas of strength across the core areas of running, throwing and jumping.
- Learn the fundamentals of CPR, First Aid and emergency care.
- Be aware of various community health clinics and services that they can access in our local district.
- Have a stronger awareness of what constitutes healthy relationships

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
Practical: Net Sport Skills - Facilitated through Volleyball, Tennis, Badminton, Table Tennis Field Sports Skills - Facilitated through Soccer, Speedball, sofcrosse and indoor hockey Athletics	Practical: Bat and Ball Skills - Facilitated through Cricket Softball Target Sports - Facilitated through Golf, Archery, Bocce, Carpet Bowls
Theory: Topic 1 – Anatomy and Physiology Topic 2 - First Aid Being Healthy, Safe and Active (iii) e.g. First Aid/ CPR and risky behaviour Topic 3 – Sex Education Being Healthy, Safe and Active (ii) e.g. sexuality and behaviours including online awareness. Self-Concept / Self Esteem. Contraception / STIs Topic 4 – Family, Friends and Media Being healthy, Safe and Active (iv) e.g. Analysing the role of family and friends' impact on participation and stereotypes. Goal setting.	Theory: Topic 5 – ICT Fitness Being Healthy, Safe and Active (i) e.g. use ICT to design and monitor a personal fitness plan Equity in sport Physiology Anatomy

Assessment

Year 9 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 Subject Fee applies. Please refer to the Schedule of Fees on the school website. Most class excursions are included within the fee structure but does not include the cost of the Academy Camp held during the year.