



Health and Physical Education

Description

Year 10 Health and Physical Education is a core subject that provides students with a range of skills, knowledge and behaviours that will enable them to develop their physical, mental, social and emotional health.

Unit Topics

Content covered includes:

- *Taking behaviours*
- *Safety*
- *Basic First Aid*
- *Respectful relationships*
 - *International sports*
- *Understanding fitness- testing and development*
- *Pre-Driver and Keys Please presentation*
- *Adapted physical activityRisk*
- *Community Fitness*

At Year 10, Health and Physical Education is again compulsory and the students undertake a variety of topics from Risk Taking Behaviours to Respectful Relationships. This helps to develop an understanding of future life indepenence.

Skill Development

Respect, self esteem, positive relationships, teamwork, leadership, sports specific rules and knowledge, literacy skills, organisational skills.

Possible Assessment Tasks

- *Risk Taking Research Task*
- *Respectful Relationships*
- *Adapted physical activity session with the specialist school*
- *International sports*

Activities/Camps/Excursions

Students are involved in a Keys Please Driving lecture as well as using local ovals and parks for different recreational activities.

Career Options

Personal Trainer, Sports Analyst, Tourism, Sports Research, Recreation Management, Swimming Teacher, Biomechanist, Nutritionist, Physiotherapy, Sports Physician, Statistician, Weight Loss Counsellor, Sports Commentator, Police Officer, Sportsperson.