



# Health & 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:*

- Risk taking behaviours and safety (Theory)
- First Aid Level 3
- Respectful relationships
  - International sports and diverse sports (Practical)
  - 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 independence.*

## 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.*