



Health & Physical Education

Description

Year 9 Health & Physical Education students will complete activities designed to enhance their physical, intellectual, social, emotional and moral well-being. Opportunities are made for students to extend their skills to help them understand themselves and others, skills they will need to develop to enable future engagement in positive relationships. Student will participate in a variety of physical activities and will attempt to extend their skill level, physical fitness and knowledge about accessing information about important health issues.

Unit Topics

Theoretical topics covered in this subject include:

- *Participation in the Virtual Parent Program "Baby Think It Over Program"*
- *Men's and Women's Health issues*
- *Mental Health*
- *Sexual Health*
- *Self Esteem and body issues*

Practical topics include:

- *Badminton*
- *International rules*
- *AFL*
- *Fitness - training and conditioning*
- *Fitness Testing*
- *Participation in the Virtual Parent Program "Baby Think It Over Program"*

Skill Development

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

Possible Assessment Tasks

- *Baby Think It Over Program, reflection piece*
- *Mental Health - Research assignment*
- *Fitness Assessment and reflection*

Activities/Camps/Excursions

School nurse visits, local recreation activities and incursions.