



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)
- Provide First Aid
- Respectful relationships
- International sports and diverse sports (Practical)
- Understanding fitness- testing and development
- Adapted physical activityRisk

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

- Diverse sports
- Respectful Relationships
- Illicit drugs
- Indigenous and International sports

Activities/Camps/Excursions

First Aid

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.