



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

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

- Diverse sports
- Respectful Relationships
- Drugs and Alcohol
- Indigenous and International sports

Activities/Camps/Excursions

First Aid - Now conducted by Year 10 Coordinator as part of Red Cross funding.

Career Options

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