

# Health, Physical Education And Outdoor Education



## YEARS 7-10 HEALTH AND PHYSICAL EDUCATION



Health and Physical Education is a compulsory subject for all students in years 7-10 at Golden Grove High School. Year 7 & 8 students will undertake a compulsory full year of HPE (Healthy Lifestyles), whilst Year 9 & 10 students complete at least one semester

of HPE in each year level. Health and Physical Education courses engage students in a combination of both practical and theoretical study.

The practical aspect of the course allows students to develop skills in a wide range of sports and physical activities (ie Badminton, Volleyball, Basketball, Soccer, AFL, Touch Football etc). Through these practical lessons students develop their understanding of movement concepts, skills and strategies, social skills, teamwork and leadership.

The practical component of the course is complemented by the in-depth study of a range of health topics and issues relevant to young people such as:

- The health benefits of physical activity
- Relationships and sexuality
- Mental health and wellbeing
- Alcohol and other drugs
- Safety and risk

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In Years 9 & 10 students are able to select an additional semester of Physical Education. Students who elect to study these courses engage in integrated practical and theory lessons with a focus on improving performance and participation in sport and physical activity. This requires students to collect evidence about performance through a range of technological (GPS, HR, video etc.) and manual (game statistics, surveys etc.) methods in order

to develop and implement strategies for improvement. Students undertaking these courses develop a range of knowledge and skills which are particularly beneficial for students planning on undertaking studies in SACE Physical Education in Stage 1 and/or Stage 2.

Students interested in the study of Health may choose to study the subject for an optional semester Year 10. These subjects have either a male or a female focus and allow students to delve deeper in to a range of topics related to adolescent health and wellbeing. Through these courses students develop skills necessary to make responsible decisions in regards to their own and others' health.

## SACE STAGE 1 COURSES

In Stage 1 students have the option of specialising in their studies within the Health and PE Learning Area with the opportunity to continue study in Stage 2. The courses they can elect to undertake are:



### Health and Wellbeing (1 semester)

Students studying Health at Stage 1 study a number of contemporary health related issues such as the impacts of racism and homophobia as well as a number of other adolescent health and wellbeing issues. Students engage with community health, promoting organisations and investigate their role within society.

### Sport Studies (1 or 2 semesters)

Students collaboratively develop their own and others capabilities and dispositions in a sporting context. They participate in practical activities and journal their experiences in order to reflect upon their own journey of improvement. They engage in a personalised research project in an area of focus within the field of sport and physical activity.

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## Physical Education (1 or 2 semesters)

Students engage with theoretical concepts relating to exercise physiology, skill acquisition and biomechanics and apply them to their own participation in practical based lessons. Students use a range of methods to collect and analyse data relating to their participation in sport or physical activity and develop the knowledge and skills to implement strategies for improvement.

## Outdoor Education (1 or 2 semesters)

Students experience a range of outdoor activities and develop skills transferrable to expeditions and day trips. The course has a strong emphasis on skill-based learning, combining theory to practical scenarios. In Semester 1 students participate in a surfing acamp and a bushwalking camp whilst in Semester 2 students try their hand at rock climbing and canoeing.

## SACE STAGE 2 COURSES

In Stage 2, students can study a range of full year subjects within the HPE Learning Area. Subjects available to students include:

### Health and Wellebeing

Students studying Health in Stage 2 investigate topics such as: Analysing their own Health Lifestyle choices and Understanding how to Prevent Health Issues, Mental Health Issues, Drug and Alcohol Awareness and Sexual Health and Relationships. Students who are interested in pursuing a career in health sciences or health services may find this course beneficial. Students are required to work collaboratively with other students and interact with the wider community.

### Physical Education

Students build on knowledge and skills gained in the Stage 1 course and develop a deeper understanding of theoretical concepts covered. Students participate in a group dynamics activity allowing them to develop teamwork, leadership and organisational skills. Students collect, reflect upon and critically analyse data from practical lessons and apply concepts relating to exercise physiology, skill acquisition and biomechanics.



## Sport Studies (Integrated Learning)

Students studying Sport Studies engage in collaborative learning and team-based activities to plan and organise activities, and to develop their understanding of, and empathy with others. Students develop their knowledge, skills and capabilities. Students are encouraged to find creative solutions to problems and to acquire and apply knowledge and understanding in a range of contexts.

### Outdoor Education

Students studying Outdoor Education are involved in a range of outdoor experiences and further develop their skills in bushwalking and kayaking. Students analyse and reflect upon environmental issues and demonstrate self-sufficiency and responsibility through the undertaking of a self-reliant expedition.

## FOR FURTHER INFORMATION, PLEASE CONTACT:

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