

HEALTH & PHYSICAL EDUCATION (HPE) – Year 10

Subject Outline:

Health and Physical Education is the study of personal health and physical activity in relation to self and the wider community. Students are encouraged to be active, develop positive social skills and examine their health in and through physical activity and personal development activities.

Course content:

Semester 1	Semester 2
<p>Theory elements:</p> <ul style="list-style-type: none">• DRUG EDUCATION & CPR <p>Practical elements: (4 only – choice of)</p> <ul style="list-style-type: none">➤ Strength & conditioning program in gym➤ Swimming➤ Softball/ cricket➤ Athletics➤ Large ball sport (basketball/ netball/soccer/ touch)	<p>Theory elements:</p> <ul style="list-style-type: none">• HUMAN RELATIONSHIPS EDUCATION <p>Practical elements: (4 only – choice of)</p> <ul style="list-style-type: none">➤ Large ball sport (one not completed in Sem. 1)➤ Striking game (hockey/ softball/ cricket)➤ Hall sport (badminton/ street hockey)➤ Community activity – if time allows (i.e. skating, ten pin bowling)

Assessment Outline:

Each semester has two assessment items – one theory and one practical activities

Learning Pathways:

Year 11/12 Subject	General/Applied/Other	Potential QCE Points	Recommended
Certificate III in Fitness (SIS)	VET	8	B in Year 10 HPE
Physical Education (PED)	General	4	B in Year 10 HPE
Health (HEA)	General	4	B in Year 10 English
Sport and Recreation (REC)	Applied	4	C in Year 10 HPE

Career Pathways:

- ✓ Fitness Industry
- ✓ Health Careers – Nursing, Community Health, Aged Care and Allied Health
- ✓ Defence Force
- ✓ Trades
- ✓ Education

Specific Requirements:

Nil

Approximate Cost:

Nil