Health & Physical Education

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Subject Overview:
The role of the Health and Physical Education curriculum is to ensure students have exposure to physical activities, information about issues related to self and community health, the opportunity to be part of a team and to develop as an individual and community member. Throughout all year levels, students are extended to develop skills in Outdoor Education, Health, a variety of physical activities and community understanding. In conjunction with the structured curriculum offerings, students are given the opportunity to explicitly learn how to apply their skills to develop personal sporting pursuits, as well as develop the needs of those of our local community.

Middle School Pathway:
Physical Education: Students in Year 8 and 9 are involved in several different physical activities including team and individual sports. Students are also offered units in Aquatics, Bushwalking and Gymnastics to ensure a comprehensive exposure to the different activities offered by the community. Fitness/skill testing is embedded into the program.
Health: Students in Year 8 and 9 have the opportunity to develop their understanding of aspects of personal and Community Health such as Relationships and Sexual Health, Personal Hygiene, Sun Safety, Mental Wellbeing and Bullying and Harassment. Links to the community including parents and Health professionals are direct to ensure accurate information is learnt.

Senior School Pathway:
Students in Years 10 complete a compulsory semester of Health and Physical Education which includes Sports, Outdoor pursuits and Rhythmic movement. Units include physical and mental health, physical injury, sexual health and relationships. They can choose supplementary subjects depending upon interest.
At Stage 1 students are given the opportunity to choose a Physical/Outdoor Education pathway. Physical Education (Fitness) is taught to ensure students understand the benefits of Physical Activity in everyday life including the prevention and maintenance of sports injuries. Students are given the opportunity to learn about training methods and the opportunity to develop a training program and fitness/skill test themselves, peers and Community members. Physical Education (Physiology) is taught to ensure students understand the mechanics of the body and how it works best to perform in physical activity.
Stage 2 PE: The course is 50% practical and 50% theory. The practical units are negotiated with students and chosen to maximise opportunities for success. The theory components is a culmination of the units touched on at stage1 including physiology, physical activity, skill acquisition and bio-mechanics. Umbrella subjects exist within this subject to ensure all student needs are catered for.
Outdoor Education: A pathway for students who love the outdoors, the environment and outdoor pursuits, starting at Year 10 with Outdoor Education. The course is largely practical and aims at introducing students to a level of co-existence with our environment and each other. The Outdoor and Environmental course at Year 11 continues this relationship with the outdoors by developing technical skills in pursuits such as bushwalking and surfing. This pathway culminates with the Stage 2 Outdoor and Environmental Education. Students in this course concentrate on environmental issues and preparing for a Self-Reliant Expedition.

Extra Features:
Community Links: Health and Physical Education at Port Lincoln High School is taught successfully integrating the community with mentors, coaches, health professionals and other guests invited into our classrooms.
Literacy and numeracy: Literacy and Numeracy is a big focus in Health and Physical Education with teachers committing to ensuring our students have another angle in which to practise skills in these areas.
Career pathways: There are many careers in Health, Sport and Recreation and the end point is a focus of this curriculum area.
Health and Wellbeing: As well as focussing on the future our course(s) provide students with the tools with which to ensure they lead health, fit lifestyles.
HEALTH AND PHYSICAL EDUCATION PATHWAYS

Year 8
- Intra/Inter School Sports Program
- Health, Physical Activity and the Community
  - Students can choose additional semesters of the following
    - Physical Education
    - Physical Education Girls Group

Year 9
- Intra/Inter School Sports Program
  - Health, Physical Activity and the Community

Year 10
- Intra/Inter School Sports Program
  - Health, Physical Activity and the Community

Stage 1
- Intra/Inter School Sports Program
  - EPSA
  - Physical Education
  - Physical Education Girls Group

Stage 2
- Intra/Inter School Sports Program
  - EPSA
  - Physical Education
  - Physical Education Girls Group
  - Outdoors Ed
  - PE Fitness &/or Physiology
  - Integrated Learning PE
  - Outdoors Ed
  - Outdoors Ed
  - Outdoors Ed