HPE (JUNIOR SECONDARY)

AIMS:
• To encourage participation in regular physical activity
• To acquire motor skills and apply movement concepts
• To promote the health of individuals, groups and communities
• To enhance personal identity and development
• To maintain positive interactions and relationships with others

CONTENT:
Physical Activity Units
Following is an example of the Physical activity units studied:
• Field Games – Selection from T-Ball, Softball, Baseball and Cricket
• Indigenous Games – a selection of traditional Games (a cross curricular link with SOSE will be fostered)
• Athletics – A range of Track (e.g., Sprints, Middle distance, long distance and hurdles) and Field events (e.g., High, Long and Triple jump, Shot-put, Discus, Javelin)
• Net Games – Selection from Volleyball, Tennis, Team - Tennis and Table Tennis
• Invasion Games – A selection from Soccer, Basketball, Touch, Hockey, Netball, AFL, Gaelic Football and Ultimate Frisbee
• Gymnastics – Floor routines
• Badminton

Health and Development Units
Following is an example of the Health and Development Units studied:-
• Decision making
• Drugs - in Sport
• Building a better Lifestyle
• Growth and Development
• Personal Fitness
• Body Systems I & II – Muscular, Skeletal, Respiratory and Circulatory systems and how they can be linked to exercise
• Sun Safety
• Smoking
• Resuscitation

ASSESSMENT
Profiles are constructed for each student which rate students according to:
• Knowledge and understanding
• Investigation
• Planning
• Implementing and applying
• Reflecting

CAREER OPTIONS
Possible careers include:
• Teaching, Defence Services, Physiotherapy, Medical Sciences, Sports Sciences, Nursing, Health & Fitness Industry, Chiropractic