



**CAMPBELL HIGH SCHOOL**  
**COURSE OUTLINE**  
**2018**

**7 HEALTH & PHYSICAL EDUCATION**

**Teachers:** Mongan, Fisher, Wilson, Castle, Slegers and Carter

**Course Description**

This Health and Physical Education course aims to promote a positive attitude to health and wellbeing and its relevance as well as a sound understanding of its processes. Students are introduced to basic skills and knowledge of a variety of games and themes to assist their healthy participation in daily life.

**Learning Outcomes**

**Personal, Social and Community Health**

Investigate strategies and resources to manage changes and transitions and their impact on identities

Evaluate the impact on wellbeing of relationships and respecting diversity

Analyse factors that influence emotional responses

Investigate strategies and practices that enhance their own and others' health and wellbeing

**Movement and Physical Activity**

Apply movement concepts and strategies to achieve fitness outcomes

Apply personal and social skills to establish and maintain respectful relationships and promote fair play and inclusivity

Demonstrate control and accuracy when performing specialised movement skills

Apply and refine movement concepts and strategies to suit different game situations

**Work Practice Outcomes**

Comes prepared for class

Displays acceptable behaviour

Works cooperatively

Displays positive attitude

**Materials Required**

Students are required to change into appropriate PE clothing for each PE lesson (light blue shirt, joggers and shorts/tracksuit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible. Mobile phones may be used as part of the class in consultation with the teacher.

**Typical Homework**

Students are required to catch up on any missed work and devote some time to assignments and test preparation during the health unit.

**Assessment Items**

Health class contribution and bookwork

Health Test

Skill development

Game sense

Fitness development

Participation, teamwork, contribution

**Due Date**

Week 14

Week 14

Ongoing

Ongoing

Ongoing

Ongoing

Parent Signature \_\_\_\_\_

Student Signature \_\_\_\_\_

Date