



CAMPBELL HIGH SCHOOL
COURSE OUTLINE
2017

8 HEALTH & PHYSICAL EDUCATION

Teachers: Fisher, MacKenzie, Salvestro, Carter, Gray, Castle, Kennedy

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 Health and Physical Education and 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. Core units include fitness, courts, field, dance, health and indoor.

Learning Outcomes

Personal, Social and Community Health

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 assignment

Health quiz

Skill development

Game sense

Fitness development

Participation, teamwork, contribution

Due Date

Week 14

Week 14

Ongoing

Ongoing

Ongoing

Ongoing

Parent Signature _____

Student Signature _____

Date