

# Year 10 Health & Personal Development 2018

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### Subject Code Information:

**Subjects with an A or B in their name:** these subjects are Semester long units that can be studied individually or together to make a full year subject. There is **no** assumption that A has been studied before students can undertake the B option. Some subjects highly recommend both are studied (see course descriptions).

**Subjects with a 1 or a 2 in their name:** these subjects are sequential. Before students can study the 2<sup>nd</sup> option they must undertake the 1<sup>st</sup> option. There **is** an assumption that students know the content of the 1<sup>st</sup> option before they undertake the 2<sup>nd</sup> to enable them to be successful.

**Length:** 1 Semester

**Assumed Knowledge:**

1 semester of a core Health & Physical Education subject at year 9.

**Description:**

This course addresses the Australian Curriculum Health and Physical Education strands of being healthy safe & active, and movement and physical activity. These strands are taught within contexts such as alcohol and other drugs, health benefits of physical activity, mental health and wellbeing, relationships, safety, active play and minor games, challenge and adventure activities, games and sports, lifelong physical activities and rhythmic and expressive activities.

Students will be given the opportunity to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

This unit provides a general and broad experience in team sports and, depending on the interests of the students and season may cover fitness programs. Health related topics are integrated throughout the course. Suitable sports shoes and sports clothing are required.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

1 semester of a core Health & Physical Education subject at year 9. **Students must complete a written application that will be sent to students once they have selected the subject.** At times where there is high demand for this course an interview may also be required.

**Description:**

This course fosters the development of students with above average skills and motivation to work independently but also fosters high levels of group interdependence. It addresses the Australian Curriculum Health and Physical Education strands of being healthy safe & active, and movement and physical activity. These strands are taught within contexts such as alcohol and other drugs, health benefits of physical activity, mental health and wellbeing, relationships, safety, active play and minor games, challenge and adventure activities, games and sports and lifelong physical activities.

Students will be given the opportunity to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

Physical activities are chosen depending on the season and student interests. Health related topics are integrated throughout the course. Suitable sports shoes and sports clothing are required.

It is compulsory for students enrolled in this course to represent the school in the Inter-house, Inter-school Sports Day, Swimming Carnivals and Cross Country events. A refusal to do so will result in not being able to attend the camp.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

1 semester of a core Health & Physical Education subject at year 9.

**Description:**

This course addresses the Australian Curriculum Health and Physical Education strands of being healthy safe & active, and movement and physical activity. These strands are taught within contexts such as alcohol and other drugs, health benefits of physical activity, mental health and wellbeing, relationships, safety, active play and minor games, challenge and adventure activities, games and sports and lifelong physical activities.

Students will be given the opportunity to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

This unit provides broader experience in challenge and outdoor adventure activities and includes extensive use of community resources. Some activities are negotiated depending on the season and student interests. Health related topics are integrated throughout the course. Suitable sports shoes and sports clothing are required.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

1 semester of a core Health & Physical Education subject at year 9.

**Description:**

This course addresses the Australian Curriculum Health and Physical Education strands of being healthy safe & active, and movement and physical activity. These strands are taught within contexts such as alcohol and other drugs, health benefits of physical activity, mental health and wellbeing, relationships, safety, active play and minor games, challenge and adventure activities, games and sports and lifelong physical activities.

Students will be given the opportunity to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

This unit provides broader experience in recreational sports. Some activities are negotiated depending on the season and student interests. Health related topics are integrated throughout the course. Suitable sports shoes and sports clothing are required.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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## Health & Physical Education for Girls A & B Year 10

**Length:** 1 Semester

**Assumed Knowledge:**

1 semester of a core Health & Physical Education subject at year 9.

**Description:**

This course is specifically designed to encourage and develop participation, confidence and enjoyment in physical activity for girls. It addresses the Australian Curriculum Health and Physical Education strands of being healthy safe & active, and movement and physical activity. These strands are taught within contexts such as alcohol and other drugs, health benefits of physical activity, mental health and wellbeing, relationships, safety, active play and minor games, challenge and adventure activities, games and sports, lifelong physical activities and rhythmic and expressive activities.

Students will be given the opportunity to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

Physical activities are chosen depending on the season and student interests. Health related topics are integrated throughout the course. Suitable sports shoes and sports clothing are required.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

1 semester of a core Health & Physical Education subject at year 9.

**Description:**

This course is specifically designed to improve the skills, performance and knowledge of Volleyball, which will compliment work done for school, community, state and national teams. Students selecting this unit must be focussed on Volleyball. It addresses the Australian Curriculum Health and Physical Education strands of being healthy safe & active, and movement and physical activity. These strands are taught within contexts such as health benefits of physical activity, mental health and wellbeing, relationships, safety, active play and minor games, games and sports and lifelong physical activities.

Students will be given the opportunity to refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

This unit provides individual skill development, tactics and officiating knowledge relating to Volleyball. Health related topics are integrated throughout the course. Suitable sports shoes and sports clothing are required.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

None

**Description:**

This course addresses the Australian Curriculum Technologies strands of knowledge and understanding and processes and production skills. These strands are taught within the context of fibre production by creating designed solutions through:

- Investigating needs and opportunities
- Generating innovative design ideas
- Producing designed solutions
- Evaluating design ideas and processes
- Collaborating and managing processes

Through theory and applying that theory to a practical context, students will develop knowledge and skills in the use of fabric to create fashion related garments and or textile related art works. Advanced fabric construction, fabric as art, body types, fashion fitting, fibre production and fabric construction, characteristics and uses are also covered. There is a strong focus on sustainability within textiles and the fashion industry.

**Assessment Details:**

Assessment will be against the Australian Curriculum Technologies Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

None

**Description:**

This course addresses the Australian Curriculum Design and Technologies strands of knowledge and understanding and processes and production skills as well as the Australian Curriculum Health and Physical Education strand of being healthy, safe and active. These strands are taught within contexts such as nutrition, wellbeing and food production and food specialisations.

This is a skills based course that focuses on culture, its impact on food within a global context and ethics, social values and sustainability within food. They also investigate and make judgments on the ethical and sustainable production and marketing of food as well as how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating. Through practical cooking sessions and theory surrounding food, students will be given the opportunity to evaluate the personal, environmental and social factors that can influence decisions people make about their health and wellbeing, and propose and apply strategies to make and implement healthy, active, and safe choices.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education and Design and Technologies Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

Year 9 Food and Nutrition.

**Description:**

This course addresses the Australian Curriculum Design and Technologies strands of knowledge and understanding and processes and production skills as well as the Australian Curriculum Health and Physical Education strand of being healthy, safe and active. These strands are taught within contexts such as nutrition, wellbeing, food production and food specialisations.

This is a skills based course that focuses on food preparation and presentation skills with an industry focus. Students also investigate and make judgments on the ethical and sustainable production and marketing of food as well as how the principles of food safety, preservation, preparation, presentation and sensory perceptions influence the creation of food solutions for healthy eating. Through practical cooking sessions and theory surrounding food, students will be given the opportunity to evaluate the personal, environmental and social factors that can influence decisions people make about their health and wellbeing, and propose and apply strategies to make and implement healthy, active, and safe choices.

**Assessment Details:**

Assessment will be against the Australian Curriculum Health and Physical Education and Design and Technologies Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

Interest in children.

**Description:**

This course addresses the Australian Curriculum Design and Technologies strands of knowledge and understanding and processes and production skills as well as the Australian Curriculum Health and Physical Education strand of being healthy, safe and active. These strands are taught within contexts such as nutrition, health and wellbeing, and food production specifically during the life stages of pregnancy, birth and infants.

The course investigates conception, contraception, stages of pregnancy and related issues, childbirth, very early child development to six weeks. Related issues of feeding, sleep and babies needs are also addressed. Hands on practical experience is provided via a simulator pregnancy belly and related activities. Students evaluate the personal, environmental and social factors that can influence decisions people make about their own and others health and wellbeing, and propose and apply strategies to make and implement healthy, active, and safe choices within certain contexts. They also make plans for positive health practices, behaviours and use of support resources to enhance the health and wellbeing of themselves and their communities. It is an expectation of this course that students will care for a simulator baby for a designated time.

**Assessment Details:**

Assessment will be against the Australian Curriculum Design and Technologies and Health and Physical Education Achievement Standards derived from a combination of learning opportunities, including but not limited to: skill in practical settings, participation and effort in learning settings, appropriate behaviour for the context and assignment work.

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**Length:** 1 Semester

**Assumed Knowledge:**

None

**Description:**

**A compulsory unit for all Year 10 students.**

This subject is part of the SACE curriculum and is a compulsory unit designed to help students plan their personal and learning goals for the future and make informed decisions about their personal development, education, and training. Students will explore their future and demonstrate their learning through a series of learning opportunities, guest speakers, online activities and interaction with community specialists. Students will participate in Work Placement and a Volunteering activity of choice.

**Assessment Details:**

A grade (A to E) is awarded to each student at the end of each term as well as a grade at the end of each semester. These grades reflect how well a student has provided evidence of their learning through a set of four to five assessments. These may be presented in an integrated format, such as a portfolio and discussion, or in a number of formats but must meet the course objectives or assessment criteria against the Performance Standards.

Students will need to pass this subject with a C or better to complete their SACE.

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