

Year 9 Health & Personal Development 2019



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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 2nd option they must undertake the 1st option. There **is** an assumption that students know the content of the 1st option before they undertake the 2nd to enable them to be successful.

Our aim is to have **ALL** year 9 students participate in a Health and Physical Education course during **SEMESTER 1**. These may include PE (A), Advanced and Girls PE. This will ensure all students receive the same theory units.

In semester 2 students have the opportunity to select 1 or 2 other options. These may include PE (B), Girls PE and Health and Volleyball.

Length: 1 Semester

Assumed Knowledge:

Year 8 Health & Physical Education.

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 broader experience in team sports and is an introduction to individual recreational 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:

Year 8 Health & Physical Education. **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. Students effort, behaviour and support for school activities (swimming, athletics and cross country) in year 8 will be considered during the selection process.

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, 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.

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 considered for the Year 10 Advanced PE course and 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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Health & Physical Education for Girls A & B Year 9

Length: 1 Semester

Assumed Knowledge:

Year 8 Health & Physical Education.

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:

Year 8 Health & Physical Education.

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:

Year 8 Home Economics

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

Students will complete a pair of boxer shorts using a commercial pattern, design and construct a bag and a Softie, as well as other mini projects through out the course. 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 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 8 Home Economics

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.

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. They investigate and make judgments on the ethical and sustainable production and marketing of food and how this process can become more sustainable. Students plan for positive health practices, behaviours and use of support resources to enhance the health and wellbeing of themselves and their communities.

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 proficiency and improvement, participation and effort in practical settings, appropriate behaviour for the context and assignment work.

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