

Health and Physical Education in Years 7-10

In Health and Physical Education, students undertake a range of theoretical and practical units which are carefully mapped to meet the guidelines and requirements set out in the Australian Curriculum. Students work towards a predetermined standard for each assessment band, firstly for Years 7 and 8, and then the second band in Years 9 and 10.

At St John Paul II College, our units are carefully designed by our professional team of teachers to develop and refine students' personal and social skills. Our teaching and learning models help students to improve a range of age appropriate specialised knowledge and skills in relation to their health, safety and well-being. In Years 7 and 8, students gain an understanding of the complexity of health and its dimensions, including units about emotions, relationships, lifestyle, culture, nutrition, puberty, alcohol and drugs. In Years 9 and 10, students study identity, culture, party safety, sustainable health and adolescent relationships.

Students also develop movement competence and confidence across a wide range of physical activity units, making use of the outstanding facilities and resources at the College including a state-of-the-art outdoor sports court facility, outdoor volleyball courts, oval, weights room, full orienteering course and a multi-use sports hall. The team incorporate a wide range of pedagogical models including Teaching Games for Understanding (TGfU) and a highly successful Sports Education unit across both bands.

Students use their iPads as a learning tool in Health and Physical Education and develop an ongoing video portfolio of work, which helps students to gauge their own progress and utilise peer and self-assessment techniques in a practical setting. In the physical component of the course in Years 7 and 8, students develop specialised movement skills and understanding in Athletics, Striking and Fielding, Cultural Dance, European Handball, Gymnastics, Speedball, Net and Wall games and Fitness. Students learn to analyse how their body works and how to transfer movement skills and concepts to a variety of physical activities, whilst also exploring the role that these activities play in shaping cultures and identities. In Years 9 and 10, students study a specialised strategy unit, net and wall games, Dance, Gymnastics and OzTag. In these units, students are taught to develop their capacity to understand movement at a deeper level by refining their analytical skills in a practical setting.

