

STRANDS

The curriculum is organised into two content strands — **Personal, social and community health** and **Movement and physical activity**. Each strand contains content descriptions which are organised under three sub-strands.

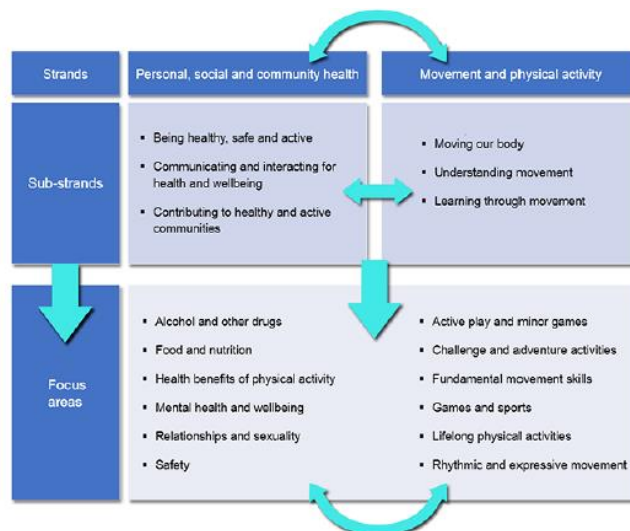


Figure 1: Relationship of curriculum elements

SUB-STRANDS

Being healthy, safe and active

The content focuses on supporting students to make decisions about their own health, safety and wellbeing. It develops the knowledge, understanding and skills to support students to be resilient. It also enables them to access and understand health information and empowers them to make healthy, safe and active choices. In addition, it explores personal identities and emotions and the contextual factors that influence students' health, safety and wellbeing. Students also learn about the behavioural aspects related to regular physical activity and develop the dispositions required to be an active individual.

Communicating and interacting for health and wellbeing

The content develops knowledge, understanding and skills to enable students to critically engage with a range of health focus areas and issues. It also helps them apply new information to changing circumstances and environments that influence their own and others' health, safety and wellbeing.

Contributing to healthy and active communities

The content develops knowledge, understanding and skills to enable students to critically analyse contextual factors that influence the health and wellbeing of communities. It supports students to selectively access information, products, services and environments to take action to promote the health and wellbeing of their communities.

Moving our body

The content lays the important early foundations of play and fundamental movement skills. It focuses on the acquisition and refinement of a broad range of movement skills. Students apply movement concepts and strategies to enhance performance and move with competence and confidence. Students develop skills and dispositions necessary for lifelong participation in physical activities.

Understanding movement

The content focuses on developing knowledge and understanding about how and why our body moves and what happens to our body when it moves. While participating in physical activities, students analyse and evaluate theories, techniques and strategies that can be used to understand and enhance the quality of movement and physical activity performance. They explore the place and meaning of physical activity, outdoor recreation and sport in their own lives, and across time and cultures.

Learning through movement

The content focuses on personal and social skills that can be developed through participation in movement and physical activities. These skills include communication, decision making, problem-solving, critical and creative thinking, and cooperation. The skills can be developed as students work individually and in small groups or teams to perform movement tasks or solve movement challenges. Through movement experiences, students develop other important personal and social skills such as self-awareness, self-management, persisting with challenges and striving for enhanced performance. They also experience the varied roles within organised sport and recreation.

ICTs

There are a number of ICTs that students will be exposed to within Health and Physical Education. These include: Microsoft Office and Apple Applications, Heart Rate Monitors, Video Recorders and Programs, Blood Glucose Readers, Pedometers, Blood Pressure Monitors and the other multimedia applications used within certain units.

Assessment

Students will be assessed in both theory and practical classes within the following three areas:

Acquire

Theory – identify, examine and compare information

Practical – practise and demonstrate skills in drill situations

Apply

Theory – explore, critique and explain information

Practical – demonstrate skills in game situations

Participate

Theory – working both individually and in group situations, taking part in class discussions and completing set tasks

Practical – taking part in games, assisting with setting up and packing away, and playing within the rules and regulations of each particular activity/sport

Year 9 Units

Semester 1

PE653 – AQUATICS & WATER SAFETY



Students will perform activities in the pool to improve their knowledge of water safety and lifesaving by completing the criteria necessary for the Bronze Certificate. Students will also study various social issues that are evident in today's society. By developing an understanding of the possible outcomes and consequences, along with how the Catholic Church views each topic, it will ensure that students possess the knowledge in order to make correct decisions and maintain positive health and well-being.

PE655 – LEISURE ACTIVITIES

Students will participate in possible activities such as swimming and water games, gym and fitness classes, golf, skating/rollerblading and bocce. These activities are often enjoyed by students and can be an excellent way of improving confidence and participation in physical activities. Students will also study various social issues that are evident in today's society. By developing an understanding of the possible outcomes and consequences, along with how the Catholic Church views each topic, it will ensure that students possess the knowledge in order to make correct decisions and maintain positive health and well-being.



PE662 – INDOOR GAMES



Students will participate in a variety of physical activities based indoors. These activities may include sports such as basketball, netball, volleyball and ten-pin bowling, as well as modified games such as indoor softball, war ball and dodge ball. Students will also study various social issues that are evident in today's society. By developing an understanding of the possible outcomes and consequences, along with how the Catholic Church views each topic, it will ensure that students possess the knowledge in order to make correct decisions and maintain positive health and well-being.

***PE697 – EXCELLENCE IN NETBALL (permission must be given to participate)**

The aim of these units is to nurture the characteristics of students to create future elite sports people. This unit provides students with the opportunity to further develop their knowledge and skills of a specific sport while learning the characteristics and attitudes required to compete at an elite level. Content covered will include studying the rules and regulations in netball and completing a refereeing course, along with studying various social issues that are evident in today's society. By developing an understanding of the possible outcomes and consequences, along with how the Catholic Church views each topic, it will ensure that students possess the knowledge in order to make correct decisions and maintain positive health and well-being.



***PE698 – EXCELLENCE IN FUTSAL (permission must be given to participate)**



The aim of these units is to nurture the characteristics of students to create future elite sports people. This unit provides students with the opportunity to further develop their knowledge and skills of a specific sport while learning the characteristics and attitudes required to compete at an elite level. Content covered will include developing a deep understanding of the rules and regulations in futsal, developing refereeing skills (with the possibility of a refereeing course), understanding professional image, studying various social issues that are evident in today's society. By developing an understanding of the possible outcomes and consequences, along with how the Catholic Church views each topic, it will ensure that students will possess the

knowledge in order to make correct decisions and maintain positive health and well-being.

***PE699 – EXCELLENCE IN RUGBY LEAGUE (permission must be given to participate)**

The aim of these units is to nurture the characteristics of students to create future elite sports people. This unit provides students with the opportunity to further develop their knowledge and skills of a specific sport while learning the characteristics and attitudes required to compete at an elite level. Content covered will include studying the rules and regulations in rugby league and completing a Level 1 Officiating Course, along with studying various social issues that are evident in today's society. By developing an understanding of the possible outcomes and consequences, along with how the Catholic Church views each topic, it will ensure that students possess the knowledge in order to make correct decisions and maintain positive health and well-being.



Year 9 Units

Semester 2

PE652 – RACQUET SPORTS

Racquet Sports is designed to improve hitting skills, hand-eye coordination and fitness whilst competing in both **badminton** and **tennis**. Students will also cover such topics as in-depth nutrition, exercise benefits, physical inactivity and sedentary behaviour, FAD Diets, lifestyle diseases, sports injuries and first aid. All of this will aid the students in knowing more about their bodies and how to properly maintain them.



PE654 – RECREATIONAL PURSUITS



Recreational Pursuits allows students to develop their skills in activities such as archery, lawn bowls, gym activities and team-initiative tasks. These activities will allow them to participate in a less-competitive atmosphere whilst still learning the importance of team building and participation in physical activity. Students will also cover such topics as in-depth nutrition, exercise benefits, physical inactivity and sedentary behaviour, FAD Diets, lifestyle diseases, sports injuries and first aid. All of this will aid the students in knowing more about their bodies and how to properly maintain them.

PE664 – SPORT-A-RAMA

Students will have the opportunity to choose and participate in a wide variety of sports such as touch football, tee ball, softball, AFL, soccer, cricket, Gaelic Football, lacrosse and speedball. It will involve evaluating their own and others' performances in order to plan and implement ways of improving performance. Students will also cover such topics as in-depth nutrition, exercise benefits, physical inactivity and sedentary behaviour, FAD Diets, lifestyle diseases, sports injuries and first aid. All of this will aid the students in knowing more about their bodies and how to properly maintain them.



*PE694 – EXCELLENCE IN CRICKET



The aim of these units is to nurture the characteristics of students to create future elite sports people. This unit provides students with the opportunity to further develop their knowledge and skills of a specific sport whilst learning the characteristics and attitudes required to compete at an elite level. Content covered will include studying the rules and regulations in cricket and completing an umpiring course, along with self-awareness, analysing plays/strategies and developing solutions to various game-related scenarios. Students will also cover such topics as in-depth nutrition, exercise benefits, physical inactivity and sedentary behaviour, FAD Diets, lifestyle diseases, sports injuries and first aid. All

of this will aid the students in knowing more about their bodies and how to properly maintain them.

*PE695 – EXCELLENCE IN BASKETBALL

The aim of these units is to nurture the characteristics of students to create future elite sports people. This unit provides students with the opportunity to further develop their knowledge and skills of a specific sport whilst learning the characteristics and attitudes required to compete at an elite level. This unit is not exclusive but is targeted at students wishing to pursue a career in sport and those students who wish to improve their performance and attitude towards a sporting team. Content covered will include studying the rules & regulations of basketball, analysing plays/strategies and developing solutions to various game-related scenarios. Students will also cover such topics as in-depth nutrition, exercise benefits, physical inactivity and sedentary behaviour, FAD Diets, lifestyle diseases, sports injuries and first aid. All of this will aid the students in knowing more about their bodies and how to properly maintain them.



***PE696 – EXCELLENCE IN TOUCH FOOTBALL**



The aim of these units is to nurture the characteristics of students to create future elite sports people. This unit provides students with the opportunity to further develop their knowledge and skills of a specific sport whilst learning the characteristics and attitudes required to compete at an elite level. Content covered will include studying the rules and regulations in touch football and completing a refereeing course, along with self-awareness, analysing plays/strategies and developing solutions to various game-related scenarios. Students will also cover such topics as in-depth nutrition, exercise benefits, physical inactivity and sedentary behaviour, FAD Diets, lifestyle diseases, sports injuries and first aid. All of this will aid the students in knowing more about their bodies and how to properly maintain them.