

Subject Information Year 7-9 – Health and Physical Education

SUBJECT DESCRIPTIONS

Physical Education and Health is compulsory in Years 7 – 9.

| Year 7 | Year 8 | Year 9 |
|--------------------|--------------------|----------------------------|
| Health Education | Health Education | Health Education |
| Physical Education | Physical Education | Physical Education |
| | | Specialised Sport Science* |

7 PHYSICAL EDUCATION

(CODE 7PE)

Students continue to develop and refine specialised movement skills and focus on developing tactical thinking skills in a range of contexts and applying them to physical activities. They have opportunities to analyse their own and others' performance using feedback to improve body control and coordination. They learn about health-related and skill-related components of fitness and the types of activities that improve individual aspects of fitness. The application of fair play and ethical behaviour continues to be a focus for students as they consider modified rules, scoring systems and equipment, which allows participants to enjoy physical activities and experience success. They begin to link activities and processes to the improvement of health and fitness.

7 HEALTH EDUCATION

(CODE 7HEA)

Year 7 Health Education aims to expand students' knowledge, understanding and skills to help them achieve successful outcomes in personal, social, movement and online situations. They learn how to take positive action to enhance their health, safety and wellbeing by applying problem-solving and effective communication skills, and through a range of preventive health practices.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.

8 PHYSICAL EDUCATION

(CODE 8PE)

Students continue to broaden their repertoire of specialised movement skills and knowledge of sophisticated tactical thinking skills, and apply these to an expanding array of physical activity contexts. They build on skills to analyse their own and

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others' performance and use basic terminology and concepts to describe movement patterns and suggest ways to improve performance outcomes. Students continue to reflect on, and refine, personal and social skills that support inclusive participation and fair play, and contribute to positive team cohesion.

8 HEALTH EDUCATION

(CODE 8HEA)

Year 8 Health Education provides opportunities for students to further examine changes to their identity and ways to manage them. They continue to develop and refine decision-making skills and apply them to a range of situations, as well as in online environments. They investigate health-promotion activities that aim to improve the health and wellbeing of young people and continue to develop critical health literacy skills, including the ability to distinguish between credible and less credible sources of health information.

9 PHYSICAL EDUCATION

(CODE 9PE)

Students focus on elements of speed and accuracy in different movement environments, while continuing to develop the efficiency of specialised movement skills. They explore ways to evaluate their own and others' performances through analysis of skills and movement patterns using basic biomechanical concepts. They transfer previous knowledge of outcomes in movement situations to inform and refine skills, strategies and tactics to maximise success.

Opportunities are provided for students to refine and consolidate skills and strategies for effective leadership and teamwork, and to consistently apply ethical behaviour across a range of movement contexts.

9 HEALTH EDUCATION

(CODE 9HEA)

Year 9 Health Education allows students to broaden their knowledge of the factors that shape their personal identity and the health and wellbeing of others. They further develop their ability to make informed decisions, taking into consideration the influence of external factors on their behaviour and their capacity to achieve a healthy lifestyle. They continue to develop knowledge, skills and understandings in relation to respectful relationships, positive interactions and managing conflict.

9 SPECIALISED SPORT SCIENCE*

(CODE 9SS)

DESIRABLE: Interest in human movement and high performance development. Learning Area Grade: Science B, PE (Move Our Body and Understand Movement) B, English B. (Health and Physical Education Teachers will be part of the selection process)

This course is highly recommended for keen Physical Education students with an interest in the science behind how the body works and who wish to advance their physical skills

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and development as an athlete. The course will cover theory topics such as functional anatomy, exercise physiology, sports injury prevention and management, exercise nutrition, foundations of fitness and training, biomechanics, motor learning and coaching.

Key sports will involve basketball, cricket and athletics and involve our networks and partnerships with Swan Districts Football Club, WACA, Vibrant Fitness and Basketball WA.