

Why Study HPE?

1. It teaches students how to enhance their own and others' health, safety, wellbeing and physical activity participation in varied and changing contexts.
2. It offers students an experiential curriculum that is contemporary, relevant, challenging, enjoyable and physically active.
3. Integral to Health and Physical Education is the acquisition of movement skills, concepts and strategies that enable students to confidently, competently and creatively participate in a range of physical activities.
4. Students develop expertise in movement skills, physical activities and movement concepts as a foundation for lifelong physical activity participation and enhanced performance.
5. HPE in Year 7 addresses critical skills such as basic swimming and survival, invasion games and aesthetic activities and combines these with theoretical concepts such as nutrition, health, personal development, understanding the body and sport in our society.

For more Information

Mr Tim Walsh

Head of Department
Health and Physical Education
Craigslea Volleyball Academy Program Manager
Craigslea State High School

Let's Connect

Phone

(07) 3326 5222

Email

admin@craigsleashs.eq.edu.au

Attn:

HOD Health and Physical Education



Year 7 Health & Physical Education



Department of Education
Trading as Education Queensland International (EQI)
CRICOS Provider Number 00608A



Craigslea
State High School



Learning

Being healthy, safe and active

The content in HPE focuses on supporting students to make decisions about their own health, safety and wellbeing.

Additionally, students develop knowledge, understanding and skills to become more resilient. It also enables and empowers them to access and understand health information.

Communicating and interacting for health and wellbeing

Knowledge, understanding and skills are developed to enable students to critically engage in a range of health contexts and issues.

Contributing to healthy and active communities

Students develop knowledge, understanding and skills to enable them to critically analyse the contextual factors that influence the health and wellbeing of communities.

Moving our body

The important early foundations of play and fundamental movement skills are developed.

The focus is 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.

Course Overview

The areas of learning in the Health and Physical Education Curriculum are:

- Growth and development
- Health benefits of physical activity
- Relationships and sexuality
- Safety
- Active play and minor games
- Challenge and adventure activities
- Fundamental movement skills
- Games and sports
- Lifelong physical activities
- Rhythmic and expressive movement

The emphasis for our faculty is always on student participation and the development of positive relationships within the learning context.



Assessment Summary

Assessment in Health and Physical Education is split between physical performance contexts and the integration of theoretical concepts to form an overall result.

In the practical areas, students are assessed on their participation, skill and tactical understanding in specific tasks, as well as competitive environments.

If students are unable to participate, this must be supported by medical evidence.

In the theoretical aspects of the course, students are assessed using a variety of instruments, such as exams, assignments, oral presentations and diaries.

Homework

Health and Physical Education is like all other subject areas in that we expect students to work on all of the skills and knowledge acquired through their HPE class.

Practising the practical parts of the course is something that we believe helps them to master the skills required.

With regard to theoretical work, understanding content is critical to success in our subject, particularly with the specific language used in our units of work. The ability to apply and evaluate this acquired knowledge in new contexts is vital to achieving well within HPE.