Health and Physical Education

This subject can articulate to these as well as other related industry topics

- Education
- Sport
- Psychology
- Dietitian
- Health
- Fitness

Course Outline / Possible Topics

- food and nutrition
- health benefits of physical activity
- mental health and wellbeing
- relationships and sexuality
- safety
- challenge and adventure activities
- games and sports
- lifelong physical activities
- rhythmic and expressive movement activities

Assessment Requirements

- Practical Performance
- Supervised Written exams
- Multimodal Presentations
- Research Essays
- Analytic Research Reports
- Research Analytic exposition

Minimum Requirements

- HPE is compulsory from Year 7-10

Specialised Equipment Required

HPE Uniform
Hat