Year 8 Health and Physical Education is a single-semester course.

**Delivery mode**

Online course. Internet access essential.

Online lessons are delivered through the EQ web conference.

Lessons utilise content provided via the online Blackboard course for this subject. Students should refer to the Work Rate Calendar to identify when work needs to be submitted.

**Time commitment**

Australian Curriculum HPE is written for three 70 minute sessions each week. The length of the scheduled lessons may vary depending upon the content and activities that are being covered. Additional time may be required to study course content and complete assignments.

**Prerequisites**

Year 8 Health & Physical Education is a compulsory semester subject. A reasonable level of both literacy and numeracy is required for a student to succeed in Health & Physical Education.

**Course outline**

The Year 8 Health and Physical Education course integrates two syllabus strands:

- **Strand 1**: Personal, social and community health
- **Strand 2**: Movement and physical activity

**Focus Areas may include:**

- Alcohol and Drugs
- 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 Activities

**Assessment**

Students must complete and submit assessment tasks as per the Work Rate Calendar. These tasks are presented within the Blackboard course for this subject.

The course contains both practical and theoretical units of work. It is expected that students capable of physical activity complete all practical activities within the course, medical circumstances permitting. Students with illness or injury should consult their doctor before engaging in any vigorous activity.

**Requirements**

**Resources/Textbook**

*Quest for Health and Physical Education 7&8 …* eBookPlus is included in the Jacaranda Digital Bundle subscription, purchased upon enrolment at BrisbaneSDE. **NB:** Students may be required to obtain other commonly available materials to complete practical activities (please see booklist on BrisbaneSDE website).

**Equipment**

Access to:

- a computer with broadband internet connection and Microsoft Office (2007 onwards) or equivalent
- headset with microphone for scheduled lessons
- camera or video
- physical activity equipment:
  - basketball – basketball, basketball court with hoop
  - dance – flat area, speakers or headphones to listen to music
  - athletics – flat field area, sand pit, weighted ball (shot put)

DISCLAIMER: All information contained is accurate at the time of publication.