Health and Physical Education (HPE)
Year 10 – Duration 1 Semester

Delivery mode
Online course. Internet access essential. Online lessons are delivered through the EQ web conference.

Time commitment
Year 10 Health and Physical Education is a Semester based course
- 3 x 70 minute ONLINE lessons per week is allocated to the HPE course.
Additional time may be needed for assessment preparation/revision each term and the practical videoing of the movement strand.

Prerequisites
It is not essential to have completed Year 9 Health and Physical Education to enrol and enjoy Year 10 Health and Physical Education.
A reasonable level of reading and comprehension is required by students to enable them to complete the variety of assessment tasks in the course.

Course outline
Theory Units of Work
- Fit for Life – Health Benefits of Physical Activity, Mental Health and Wellbeing
- Forge your own path – Relationships, Drugs, Alcohol and Safety

Practical Activity Units of Work
- Lifelong Physical Activity – Functional Movement skills
- Challenge and Adventure Activities – Orienteering

Assessment
Students must complete and submit ALL assessment tasks as per the Work Rate Calendar. Assessment includes:
- Multi-modal presentation
- Supervised Written Assessments
- Portfolio of Tasks
- Practical performance evaluations

Resources/Textbook
Health & Physical Education 9 & 10 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).

Requirements
- Reliable internet access is essential
- Approved exam supervisor is mandatory for the completion of supervised assessment – please refer to the supervisor nomination form on the BrisbaneSDE website
- MS Office
- Digital camera/device
- Computer headset with microphone

Other important Information:
Students will require access to:
- Electronic devices to track fitness
- Video recording equipment
- Areas to participate in Practical Activities

Note: Students with illness or injury should consult their doctor before engaging in any vigorous activity. Students free of illness or injury are expected to participate in all physical activity lessons

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