Health and Physical Education

Year 8 Core subject — one semester
Offered to: Home-based students

Health and Physical Education (HPE) provides a foundation for students to learn how to take positive action to enhance their own and others’ health and wellbeing. Students will learn about key issues affecting the health and wellbeing of young people and their communities. They will learn how to use decision making skills to improve health. Students will acquire movement skills and strategies that enable them to confidently and competently participate in a range of physical activities.

The Year 8 Health and Physical Education course aligns with the Australian Curriculum HPE Learning Area to develop knowledge, understanding and skills within the Units:
- Nutrition — developing food and nutrition understanding and making healthy food and drink choices
- Basketball — perform a wider range of basketball skills in authentic environments
- Positive relationships — developing knowledge and skills related to respectful relationships and inclusivity.
- Athletics and dance — compose and perform rhythmic and expressive movement sequences.

Students will be engaged in the following Health and Physical Education skills throughout the Year 8 course:
- researching, analysing and evaluating data, and information
- drawing conclusions, making decisions and constructing arguments
- proposing, justifying and implementing plans or actions to achieve goals
- creating and performing movement sequences and applying movement concepts
- reflecting on learning, applying new understandings and recommending future actions
- working effectively within a group.

Assessment

Year 8 HPE assessment includes:
- Written assessment
- Multimodal presentation
- Practical performance — video evidence.

Students are required to submit assessment in both Personal, Social and Community Health strand (theory) and the Movement and Physical Activity strand (practical).

Requirements/Resources

Students should have access to the following:
- Computer and the internet (as the course is in an electronic format)
- Suitable headset with a microphone (to participate in scheduled lessons)
- Video recording equipment
- Digital camera/device
- Areas to participate in physical activities
- Microsoft Office
- Health and Physical Education Year 8 (included in the Jacaranda Bundle subscription, purchased upon enrolment at BrisbaneSDE).