Health and Physical Education

Year 9 Core subject — one semester
Offered to: Home-based students

Health and Physical Education (HPE) Physical Education provides students with the knowledge and skills to critically analyse factors that influence their identities, relationships, decisions and behaviours. Students will examine the role physical activity has played historically in defining cultures and cultural identities, and analyse people’s attitudes about diversity and the effects this has on community connection and wellbeing. They will access, synthesise and apply health information from credible sources to propose and justify responses to health and physical activity situations. Students will apply and transfer movement concepts to new and challenging movement situations and apply criteria to make judgments about and refine their own and others’ specialised movement skills and performances.

The Year 9 Health and Physical Education course aligns with the Australian Curriculum HPE Learning Area to develop knowledge, understanding and skills within the Units:

- Community connections — developing understanding of Australia’s sporting history and levels of inclusivity within modern day sporting groups within a local community context.
- Football and/or tennis — demonstrate a range of movement skills within authentic football/tennis environments.
- Fit for life — developing understand of the benefits of physical activity and training programming. Demonstrating physical activities to enhance health and wellbeing.

Students will be engaged in the following Health and Physical Education skills throughout the Year 9 course:

- researching, analysing and evaluating data, and information
- drawing conclusions, making decisions and constructing arguments
- synthesising information from a variety of sources
- 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 9 HPE assessment includes:

- Research report
- Written blog
- 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 9 (included in the Jacaranda Bundle subscription, purchased upon enrolment at BrisbaneSDE).