

**YEAR 7**

**PARENT / LEARNING  
GROUP**

# MANDATORY PDHPE

- 4 periods per fortnight in Stage 4
- Theory component 1 period per week
- Practical component 1 period per week

# THEORY COMPONENTS

- The nature of Health
- The dimensions of Health
- Physical Activity
- Components of Fitness and Training
- Health Literacy
- Personal Identity
- Adolescence and Puberty
- Reproduction
- E-Safety

# PRACTICAL COMPONENTS

- Cultural Games
- Initiative Games
- Striking Games eg cricket
- Athletics & Cross Country
- Fitness
- Invasion Games eg Oz Tag
- Field Games eg Soccer
- Court Games eg Netball
- Modified Games
- Lifesaving

# ASSESSMENT

- THEORY
- Task – due Week 5 this term
- M/C Quiz – last week of Term 3
- 25% of total
- PRACTICAL
- Ongoing through Semester
- 75% of total

# PDHPE PATHWAYS

- Year 8 – PASS (Physical Activity & Sports Studies elective)
- Year 9/10 – PASS elective line
- HSC – PDHPE 2 Unit
- HSC – Sport and Lifestyle Studies
- Careers in the Health services, Sports Business, Human Movement

# SPECIAL PROGRAMS

- UNIVERSITY of NEWCASTLE
- Pedagogy study into effective methods of teaching PDHPE
- 5 week program
- Students will wear a watch during lessons to collect data
- Results will drive the direction of teacher education in PDHPE
- RACE AROUND AUSTRALIA
- Part of the Premiers Sporting Challenge
- Students will undertake activity, which then registers on a virtual map in a race around Australia

# SPORTS PROGRAM

- SCHOOL BASED
- Students select sports at the start of each term
- Choice from paid and no paying options
- ZONE and REGIONAL based
- KO sports Teams
- Individual Carnivals



# EXTRA CURRICULAR

- Lunchtime sports comps
- Special presenters
- Special Programs
- International Excursions