Physical Education, Health & School Sport

Course Summary
The Physical Education curriculum is innovative and progressive. Through movement, students will develop the knowledge and skills that promote a well balanced and holistic lifestyle. Learning takes place in a positive and inclusive environment. The aim of the Physical Education curriculum is to engage and extend students Physical Fitness, Skill Acquisition, Self Esteem, Cognitive processing and Social Skill development as a means of promoting life long participation in physical activity.

The Curriculum focus varies for each year group.
YEAR 7: Students participate in a variety of thematic units that focus specifically on the development of particular skills. These skills are developed through modified games and cooperative learning tasks.

YEAR 8: Traditional skills and drills curriculum relating to a particular sport.

YEAR 9: Sport Education. Students learn about all facets of a particular sporting competition. The students develop all aspects of the competition and implement them.

YEAR 10: Community and Leisure. Students learn about and access various activities that are available for the general community. Sports Coaching in primary schools is offered as an extension elective.

In all units skills are introduced progressively as higher standards of performance are achieved. PE is a compulsory subject for all students unless exempted for medical reasons with a medical certificate.

All Students undertake two units of health education each year as part of the yearly PE program. The units are as follows:

<table>
<thead>
<tr>
<th>Yr 7</th>
<th>Yr 9</th>
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<tbody>
<tr>
<td>- Healthy Lifestyles</td>
<td>- Illicit Drugs</td>
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<tr>
<td>- Puberty</td>
<td>- Sexual Education</td>
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<tr>
<th>Yr 8</th>
<th>Yr 10</th>
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<tr>
<td>- Smoking</td>
<td>- Relationships</td>
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<td>- Alcohol</td>
<td>- Party Safe</td>
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CLOTHING
Students are expected to wear the Grey BHS t shirt and black track pants or shorts.

Learning Outcomes Physical Education
- Demonstrates basic skill development throughout all practical units.
- Demonstrates development of Game Sense and an understanding of basic rules and tactics
- Recognises and understands the concepts taught throughout each Health unit.

**ELECTIVES OFFERED**

**Sports Culture and Outdoor Pursuit Education (SCOPE) - Semester 1 Year 9**
Students will study the culture of positive sport environment and participation, improve knowledge of sport in various cultures around the world, and develop an understanding of diversity in the community and how it is accommodated in the sporting context.

**Sports Science - Semester 2 Year 9**
Students will study the basic science of sport including body systems, sports injuries, drugs in sports and sports nutrition. This course is a great introduction for any student wishing to study human movement and sports science in the future.

**Outdoor Education - Semester 1 and 2 Year 10**
Students study Ocean Sports, Bushwalking and Navigation, Rope Skills, Snow Sports and Mountain Biking

**School Sport**
Students have the opportunity to represent Belconnen High School in a wide range of sports. Every year we enter teams in SSSA and community based organisation based competitions. Some of the sports Belconnen High has competed in throughout 2010 include:

- Softball (ACT Champions 7/8 girls)
- AFL
- Rugby Union
- Rugby League
- Futsal (Nothside Champions 7/8 boys)
- Netball
- Hockey