



Belconnen High School

COURSE OUTLINE Semester 2, 2026

Course Title: **10 Health and Physical Education**

Faculty: **Health and Physical Education**

Faculty Head: Graeme Budd

Description of Course

The aim of the Physical Education curriculum is to engage and extend students' Physical Fitness, skill acquisition, self esteem and social skill development as a means of promoting lifelong participation in physical activity. Students participate in a Sport Education program that focuses specifically on the development of sport organisation, communication, leadership and sportsmanship skills.

Learning Outcomes

- Evaluates how attitudes and beliefs about equality, respect, diversity and inclusion influence the nature and quality of relationships
- Proposes and justifies strategies to manage online and offline situations where their own or others' health, safety, relationships or wellbeing may be at risk
- Synthesises health information from credible sources to propose and justify strategies to enhance their own and others' health, safety, relationships and wellbeing
- Evaluates and refines their own and others' movement skills and performances, and applies movement concepts in challenging or unfamiliar situations
- Adapts and transfers movement strategies to unfamiliar situations to achieve successful outcomes
- Applies and evaluates leadership approaches, collaboration strategies and ethical behaviours across a range of movement contexts

Materials Required

Students will have access to a google classroom where class tasks and assessment items will be displayed, therefore a device is required. The assessment dates for this subject will appear on the students google calendar. Students can refer to the BHS Study Skills Guide and the BHS website for assistance with assessment tasks. The Assessment and Reporting Policy is available on the school website. Items Required Chromebook or suitable device Notebooks, pencil case and equipment.

Homework Required

Students will be expected to complete a variety of tasks outside of class time. This may include, teacher-set homework, research for tasks, revision for tests, review of class work and more.

Assessment Schedule

	Due Date	% Weighting
Cultural Games Skills	07/08/2026	
Risk Behaviour - Health	23/10/2026	
PE Modified Game Skills	27/10/2026	
Leadership & Fair play assessment	27/10/2026	