

YEAR 9 CORE: HEALTH AND PHYSICAL EDUCATION

Students will demonstrate high-level motor skills by participating in a range of sporting situations which draw on previous sports. Such sports may include, but are not limited to, Cricket, Softball/Baseball, Lacrosse and Touch Rugby. Students participate in a Fitness program over the course of Semester 1. Over the course of the year, students will participate in a Health Education theory course. Topics covered will include, but are not limited to, Relationships, Sexual Education, Risk Taking – Illicit Drugs, and Mental Health. Elements of the course also link in with the Fitness unit in Physical Education classes.

Health Education

Students will learn to:

- Evaluate factors that shape identities, and analyse how individuals impact the identities of others.
- Examine the impact of changes and transitions on relationships.
- Propose, practise and evaluate responses in situations where external influences may impact their ability to make healthy and safe choices.
- Investigate how empathy and ethical decision-making contribute to respectful relationships.
- Evaluate and apply information from a range of sources to health decisions and situations.
- Plan, implement and critique strategies to enhance the health, safety and wellbeing of communities.

Physical Education

Students will learn to:

- Perform and refine specialised movement skills in challenging movement situations.
- Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations.
- Develop, implement and evaluate movement concepts and strategies for successful outcomes.
- Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels.
- Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams.
- Transfer understanding from previous movement experiences to create solutions to movement challenges.