

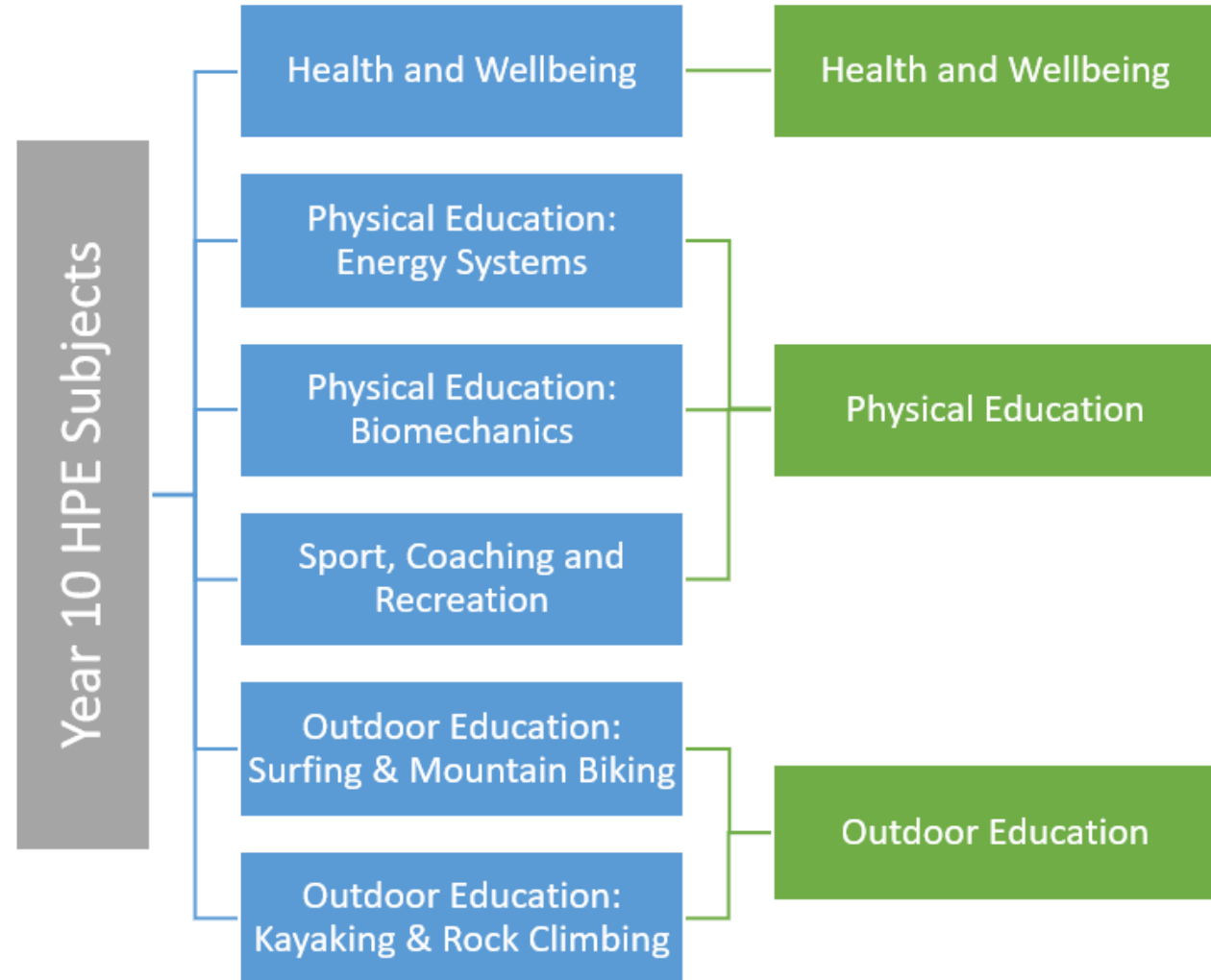
Health and Physical Education

Stage 1 and Stage 2 Subjects

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Health and Physical Education Subject Flow Chart



Stage 1 Subjects

	Health & Wellbeing	Physical Education: Energy Systems	Physical Education: Biomechanics	Sport, Coaching and Recreation	Outdoor Education: Surfing & Mt Biking	Outdoor Education: Kayaking & Rock Climbing
Length	Semester	Semester	Semester	Semester	Semester 1 (only)	Semester 2 (only)
Credits	10	10	10	10	10	10
Excursions	None planned	None planned	None planned	2 to 4	2 to 4	2 to 4
Camps	NA	NA	NA	NA	1 (3 day)	1 (3 day)
Assessment Tasks	3	2	2	3	3 to 4	3 to 4
Curriculum Charges	Possible transport costs	Possible transport costs	Possible transport costs	Possible transport costs	\$350 (transport & hiring costs)	\$350 (transport & hiring costs)

Stage 2 Subjects

	Health & Wellbeing	Physical Education	Outdoor Education
Length	Full year	Full year	Full year
Credits	20	20	20
Excursions	Royal Adelaide Hospital	Dependent on Assessment Tasks	4 to 6
Camps	NA	NA	3 (all 3 day)
Assessment Tasks	5	4	4
Exam	No	No	No
Curriculum Charges	Possible transport costs	Possible transport costs	\$500 (+ \$150 for final camp)

FAQs

Q. Can you study a Year 12 HPE subject without studying the precluding subject in Year 11?

A. Yes, there is no requirement, however it would be extremely beneficial and highly recommended for students to learn subject related content, address similar performance standards, and experience a range of practical tasks in Year 11.

Q. Can I study more than one Year 11 or Year 12 HPE subject?

A. Yes, it's up to the student on the combination of their subjects.

Q. Can I study both PE and OE subjects in Year 11?

A. Students can select both PE and/or OE subjects when completing their Web Preferences, but like all subjects there are numerous variables when timetables are created that may not allow this to happen.

Curriculum Guide



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- F1 in Schools™

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Year 11 Subject Selection Videos

SACE at Brighton Secondary

$-a + 23$



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HEALTH AND PHYSICAL EDUCATION (continued)

HEALTH AND WELLBEING	OUTDOOR EDUCATION: SURFING AND MOUNTAIN BIKING	OUTDOOR EDUCATION: KAYAKING AND ROCK CLIMBING
LEVEL Stage 1	LEVEL Stage 1	LEVEL Stage 1
LENGTH Semester	LENGTH Semester 1 (only)	LENGTH Semester 2 (only)
CREDITS 10	CREDITS 10	CREDITS 10
RECOMMENDED BACKGROUND Students must have a keen interest in health and wellbeing related issues and the willingness to participate in discussions, group work, and community activities. Completing year 10 Health and Wellbeing is not essential. Strong literacy skills would be an advantage.	RECOMMENDED BACKGROUND Students must have a genuine interest in the environment, camping, wellbeing, and physical activity. There are limited places for this subject. B grade or better in year 10 Outdoor Education is desirable.	RECOMMENDED BACKGROUND Students must have a genuine interest in the environment, camping, wellbeing, and physical activity. There are limited places for this subject. B grade or better in year 10 Outdoor Education is desirable.
CONTENT Health and Wellbeing is an evolving subject with varying contexts and perspectives. There are no discrete topics taught in isolation but will be contextualised through case studies and real-life scenarios. Topics may include resilience, mental and emotional health, sexual health, personal wellbeing, and drugs and risk-taking behaviour. Students implement action on an individual or community issue to improve health and wellbeing outcomes. This action may be undertaken individually or collaboratively within the school environment or the wider community. Students research a current health or wellbeing issue that may be an aspect of a topic already identified or an issue of the student's choice.	CONTENT Students investigate how management and strategies are applied in local coastal areas. They evaluate how effective these strategies are from a variety of perspectives, including personal and community wellbeing and environmental sustainability. Students also investigate how management and trail design strategies are applied at local mountain biking recreation parks. They evaluate how effective these strategies are from a variety of perspectives, including personal and community wellbeing and environmental sustainability.	CONTENT Students investigate an environmental sustainability issue related to the Murray River, analysing causes and evaluating solutions from a range of stakeholders' perspectives. They will develop route planning and risk management skills, food and nutrition requirements, and minimal impact on the environment. Students also investigate how management strategies are applied in the national parks where the group participates in rock climbing.
	Surf camp A 3-day and 2-nights surf camp will be conducted where students will participate and analyse their personal skill development, planning and group collaboration during activities and back at the campsite.	Kayaking A 3-day and 2-night kayaking expedition will be conducted in backwaters of the Murray River. Students will participate, act as group leaders, and analyse their personal skill development, planning and group collaboration.
	Mountain biking	Rock climbing Two full-day outdoor rock-climbing excursions will be conducted with a

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