

4.2 HEALTH AND PHYSICAL EDUCATION

*Teacher who may be contacted for further information:
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Rationale of Course/Overview

All students in Year 9 participate in Core Health and Physical Education. Incorporated into the course is the teaching of Life skills. There are three timetabled lessons per week; two of these are practical based and one is theory based.

Year 9

In Year 9 the practical units run concurrently with the major GPS sports and exposure to some non-GPS sports is provided, e.g. Softball. Emphasis is on providing students with the skill and fitness to be able to participate in and enjoy these activities. All students complete formal testing for the Australian Fitness Education Award and receive feedback indicating their level of achievement.

Health lessons are designed to teach and motivate students towards choosing healthy lifestyle practices. Students focus on diet, nutrition and fitness and are equipped to discern between good nutrition and poor nutrition and the link between this and fitness levels.

Life skills lessons are designed to equip students with making informed decisions and contributing positively to both the BBC and wider communities. Units covered include study skills, leadership, and material from the 'Educating Boys' seminars (Lyn Harrison).