



Holsworthy
High School

PDHPE/Music and
Languages Faculty

PDHPE



Aim of PDHPE

The study of PDHPE aims to enable students to develop the knowledge, understanding, skills, values and attitudes required to lead and promote healthy, safe and active lives.

Teaching and learning focuses on developing:

- Self-management skills
- Movement skills
- Interpersonal skills

Students will develop the knowledge, understanding and skills important for building respectful relationships, enhancing personal strengths and exploring personal identity. They will develop strategies to manage change, challenges, power, abuse, violence and learn how to protect themselves and others in a range of situations.

Additionally, students will develop the knowledge, understanding and skills to empower them to make healthy and safe choices and take action to promote the health, safety and wellbeing of their communities. They will engage with a range of health issues and identify strategies to keep themselves healthy, safe and active.

Movement Skill and Performance lessons will focus on active participation in a broad range of movement contexts to develop movement skill and enhance performance. Through movement experiences students will develop self-management and interpersonal skills to support them to strive for enhanced performance and participation in a lifetime of physical activity.



What do Students learn in Year 7?

Students have set practical and theory lessons. The topics students learn about in these lessons include:

- alcohol and other drugs
- food and nutrition
- personal identity
- mental health and wellbeing
- relationships
- sexuality and sexual health
- safety
- health benefits of physical activity
- fundamental movement skills
- rhythmic and expressive movement
- individual/group/team physical activities
- initiative/challenge physical activities
- aquatics
- lifelong physical activities.

A wide variety of PDHPE courses are offered to students from years 7-12. These courses provide opportunities for students to explore areas of interest in greater depth. Some of these opportunities include:

- St John's First Aid courses
- Outdoor Education Camps
- Lifesaving and Surf Awareness excursions
- Coaching Clinics
- Gala days
- Knockout Sport Competitions
- Hume Zone Sport Representation
- Premiers Sporting Challenge
- Integrated Sport (Weekly Round Robin Competition)

Expectations

In PDHPE you are expected to:

- **Be safe** by following instructions, playing by the rules and participating safely in all movement activities.

- **Be an active learner** by participating actively and trying your best in all lessons - inside and outside the classroom. Bringing the required equipment (*Health book and PE uniform*) for lessons is also important for your learning.
- **Be respectful** to teachers and other students by cooperating when part of a group, playing fairly, listening carefully to others and not using put downs towards others.

Sport in Year 7

Year 7 students participate in 2 periods of Integrated Sport each fortnight. A variety of sports are offered to students in a round robin format. These include:

- Newcombe Ball
- T-Ball
- European Handball
- Soccer
- Netball
- Oz Tag
- Kanga Cricket
- Kingball



Students are encouraged to participate in the Zone Gala Days throughout the year where they compete against other schools in a variety of sports.

Other sporting opportunities and initiatives include Swimming, Athletics and Cross Country Carnivals, selection in Junior Knockout Teams, Premier Sporting Challenge and Enrichment programs.

PDHPE FACULTY

Mr J. Papac - Head Teacher	Ms E. Stoppino
Mr P. Aroney	Ms A. Hill
Ms K. Kunovski	Ms S. Goovan
Mr A. Di Martino	
Mr A. Buncle	