



HEALTH & PHYSICAL EDUCATION (HPE) – Year 10

Subject Outline:

Students refine their understanding of how they can contribute to individual and community health and wellbeing. They investigate a range of health issues relevant to young people, including mental health, sexual health and respectful relationships, healthy eating, personal safety, and behaviours associated with substance use. As they do so, students further refine their help-seeking strategies, assertive behaviours, conflict resolution and negotiation. Students practise and refine more specialised movement skills and complex movement strategies and concepts in different movement environments and investigate techniques to assess the quality of movement performances.

Course content:

Unit 1	Unit 2	Unit 3
<p>1. Safe Party Students will examine the safe, respectful and responsible considerations when planning a party or social gathering.</p> <p>1.2 Striking and Fielding Students analyse, adapt and refine their own and others' batting and fielding movement strategies for softball or cricket.</p>	<p>2. Sexual Health Students investigate healthy and respectful sexual health practices including the role of consent, communication and contraception.</p> <p>2.2 World Beater Students create a revolutionary technique for discus, shot put or javelin and evaluate the improvement to performances and outcomes</p>	<p>3. Discovering you Students investigate their own self-concept and self-awareness while exploring and devising strategies that will enhance outcomes in their lives.</p> <p>3.2 Net and Court Students adapt their strategies and movement skills in badminton, tennis, pickleball or table tennis to improve their performance.</p>

Assessment Outline:

Each unit will have two assessment tasks which will contribute equally to a student's overall result.

Learning Pathways:

Year 11/12 Subject	General/Applied/VET	Potential QCE Points	Recommended
Certificate III in Fitness (SIS)	VET	8	B in Year 10 HPE and VG or EX effort
Physical Education (PED)	General	4	B in Year 10 HPE and VG or EX effort
Sport and Recreation (REC)	Applied	4	C in Year 10 HPE and VG or EX effort

Career Pathways:

- ✓ Fitness Industry
- ✓ Defence Force
- ✓ Trades
- ✓ Education

Specific Requirements:

Nil