

Health and Physical Education Faculty

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Studies in Health and Physical Education

In a modern world where youth inactivity is at an all-time high along with the problems and diseases associated with the lack of exercise, Health and Physical Education provides information and skills necessary to all students, regardless of whether they choose to pursue a health related career.

The Health and Physical Education (HPE) Faculty offers students from years 7 – 12 the opportunity to study Health and Physical Education. Students in the junior school must study Health and Physical Education in Year 7, 8 and 9. Students in the senior school have the choice of two subjects: Physical Education or Senior Recreation studies. There is also a certificate I in Sport and Recreation offered to year 10 students.

Health and Physical Education staff undertake many professional development activities in order to maintain currency and relevance of subject matter. Many staff also have vast experience and knowledge relating to various sports.

The HPE Faculty also oversees sport at the school. Annually the school holds Swimming, Cross Country and Athletics carnivals. The school has a proud and distinguished record at regional and state level in sports such as Netball, Softball, Hockey and Rugby League.

Full details about the subjects offered by the HPE Faculty are provided in the subject information booklets. The link to these documents can be found on the quick links section, on the left hand side of website home page.

Health and Physical Education Subjects

Year 7	Health and Physical Education
Year 8	Health and Physical Education
Year 9	Health and Physical Education
Year 10	Health and Physical Education Certificate I in Sport and Recreation
Years 11 and 12	Authority Subjects: <ul style="list-style-type: none"> • Physical Education Authority Registered Subject: Senior Recreation Studies

eLearning

eLearning is embedded throughout all Health and Physical education subjects. Some strategies and tools we use include:

Communication and collaboration	Learning Place Tools: <ul style="list-style-type: none"> • Ed Studios • Learning Pathways Other tools used for student participation and engagement: <ul style="list-style-type: none"> • Interactive Whiteboard • Heart Rate monitors
Digital publishing	<ul style="list-style-type: none"> • Publications for print • Desktop publishing • Brochure publishing
Multimedia	<ul style="list-style-type: none"> • Digital Photography • Power-point presentation • Biomechanical Analysis software
Data analysis	<ul style="list-style-type: none"> • Spreadsheets used to analyze, interpret and represent data. • Databases used to store, retrieve and summarize data. • Data tracking apparatus.
Problem solving	<ul style="list-style-type: none"> • Interactive web learning for anatomy and biomechanics • Interactive websites for plotting daily food diaries and kilojoule intake expenditure.
Resources	<ul style="list-style-type: none"> • Current computers with dedicated graphics memory • Digital cameras • Camcorders • GoPro's • Biomechanical software • Heart rate monitors