

# Personal Development/Health/Physical Education

PDHPE is a Board Developed Course

Course details are included on RoSA

Course details are included on School Report

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## Knowledge and Understanding

In PDHPE, students will:

- demonstrate an understanding of strategies that promote a sense of personal identity and build resilience and respectful relationships
- demonstrate an understanding of movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts
- understand the significance of contextual factors that influence health, safety, wellbeing and participation in physical activity
- enact and strengthen health, safety, wellbeing and participation in physical activity.

## Skills

In PDHPE, students will:

- develop and use self-management skills that enable them to take personal responsibility for their actions and emotions and take positive action to protect and enhance the health, safety and wellbeing of others
- develop interpersonal skills that enable them to interact effectively and respectfully with others, build and maintain respectful relationships and advocate for their own and others' health, safety, wellbeing and participation in physical activity
- move with confidence, competence and creativity within and across various physical activity contexts.

## Values and Attitudes

In PDHPE, students will:

- value and appreciate influences on personal health practices and demonstrate a commitment to lead and promote healthy, safe and active lives for themselves, others and communities

**Subject Assessment:** Students are assessed within the course

## Year 9 and 10

Students are assessed both theoretically and practically. Students must complete assignments, class tests, homework and class work. Students need to demonstrate skills in a variety of practical activities and sports.

**Course Adviser:** Mr C Pearson