

# HEALTH & PHYSICAL EDUCATION

Middle School Health & Physical Education involves students exploring and developing a variety of sporting concepts and applying them to sporting activities in order to progress and challenge their physical, mental and social wellbeing.

Students' progress on their learning journey studying a combination of topics ranging from Staying Healthy, Developing Positive Relationships, Understanding Movement Concepts, Moving with Skill, Biomechanics, Sports Nutrition and Body Systems for Physical Activity.

Students perform and participate in numerous sporting activities including: Basketball, Mountain Biking, Golf, Volleyball, Swimming, Table Tennis, Fitness & Calisthenics, Soccer, Rugby, Athletics, Futsal, Cricket and Netball.

The HPE team look forward to nurturing and guiding students to fulfill their God-given gifts and talents.



# DIGITAL TECHNOLOGY

The study of Digital Technologies provides students with practical opportunities to gain knowledge and understanding of information systems and use design thinking when developing digital solutions to problems.

Learning experiences will involve authentic learning challenges fostering curiosity, persistence, innovation, creative thinking and collaboration.