

HEALTH & PHYSICAL EDUCATION

The year 10 Health and Physical Education course provides students with the opportunity to further explore topics and physical activities that promote health, participation and performance in physical activity. The course provides a strong pathway to the study of Physical Education or Sports and Recreation in Year 11 and 12.

Students complete two of the following four units designed to prepare students for Senior Physical Education or Senior Sport and Recreation

- 1 - Risks and Challenge in Sport
- 2 - Proficiency of Sporting Movements
- 3 - Movement Concepts, Strategies and Ethics in Sport
- 4 - Coaching and Leadership in Sport

Students will participate in a variety of recreational, sporting and personal fitness activities both onsite and at specialised facilities in Mackay aiming to improve students fitness, confidence, motivation, leadership opportunities, deeper physiological knowledge of the body and cognitive sporting knowledge.



HUMANITIES

Humanities enables students to develop the capacity to question, and think creatively whilst fostering their curiosity and imagination.

Students will study History and one of the three subjects: Geography, Business and Economics and the Aboriginal and Torres Strait Islander Languages short course. We will have 2 rotations throughout the year with each course being a semester in duration.

These courses allow students to experience some of the elements and expectations of the Humanities courses (Legal Studies, Modern History, Geography and Business) offered in Year 11 and 12 and further develop the appropriate knowledge and skills bases necessary to be successful in these areas.

