

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 Years 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 Challenges 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.

