

# HEALTH AND PHYSICAL EDUCATION

## YEAR 10 (CORE)

### Navigating the Self: Personal Growth and Resilience

Embark on an empowering journey of self-discovery in this dynamic unit! Dive deep into the fascinating world of identity formation and emotional intelligence. You'll unlock the secrets to managing your emotions and adapting to life's ever-changing landscape. Through engaging activities and thought-provoking discussions, you'll develop a toolkit for personal growth that will serve you well beyond the classroom. Learn to embrace change, harness your emotions, and sculpt your identity with confidence. By the end of this unit, you'll be equipped to face life's challenges head-on, armed with resilience and a strong sense of self.

### Safety Savvy: Managing Risks

Welcome to the cutting-edge world of risk management in the 21st century! In this eye-opening unit, you'll become a master of navigating both online and offline dangers. Discover how to protect your digital footprint, recognize potential threats, and make savvy decisions in the virtual and real worlds. Through interactive scenarios and real-life case studies, you'll develop a keen eye for identifying risks and learn strategies to keep yourself and others safe. From cybersecurity to personal safety, this unit will transform you into a risk management pro, ready to tackle the challenges of our interconnected world with confidence and skill.

### For the Love of Physical Activity

Get ready to become a catalyst for change in your community's health and fitness landscape! This energizing unit combines the joy of movement with the power of social impact. You'll explore a diverse range of dance styles and fitness trends, experiencing firsthand the transformative effects of physical activity. But that's just the warm-up! The real challenge lies in designing and evaluating community-based fitness initiatives. You'll put on your wellness architect hat, proposing innovative interventions to boost the health and well-being of those around you. By the end of this unit, you'll not only have enhanced your own fitness but also gained the skills to inspire and improve the wellness of your entire community.

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## YEAR 10 (HEALTH ELECTIVES)

*HPEM (Introduction to Fitness)*

### Teamwork, Tactics, Triumph: Coaching for Success!

Step into the exciting world of sports coaching and risk management! This unit will transform you into a savvy coach who can lead teams to victory while prioritizing safety and ethics. You'll master the art of refining movement skills, develop cutting-edge coaching strategies, and learn to make split-second decisions in challenging situations. Through hands-on experiences and real-world scenarios, you'll hone your ability to spot potential risks and propose innovative solutions. By the end of this unit, you'll be equipped with the skills to inspire athletes, manage teams effectively, and create a safe, ethical sporting environment.

### Sweat, Strive, and Thrive: Your Fitness Journey Begins!

Embark on an exhilarating fitness adventure that goes beyond personal gains to impact your entire community! This comprehensive unit blends intense training techniques with crucial risk management skills and community outreach. You'll design cutting-edge fitness programs, learn to identify and mitigate health and safety risks, and develop community-based interventions to boost overall wellness. Get ready to flex your leadership muscles as you apply and evaluate various approaches across diverse movement contexts. By the end of this journey, you'll not only transform your own fitness but also gain the expertise to inspire and improve the health of those around you.

*HPEC (Introduction to Senior Physical Education)*

### Move Like a Pro: Mastering Motor Learning

Unlock the secrets of human movement in this fascinating exploration of motor learning! Dive deep into the science behind skill acquisition and refinement, discovering how top athletes perfect their craft. You'll analyze specialized movement sequences, breaking down complex skills into their fundamental components. Through a combination of theoretical study and practical application, you'll gain insights into how the body learns and adapts to new movements. Whether you're an aspiring athlete, coach, or simply curious about human performance, this unit will give you a whole new perspective on physical activity and skill development. Get ready to move, think, and perform like a pro!