

HEALTH AND PHYSICAL EDUCATION

YEAR 7

Unlike other learning areas, Health and Physical Education is taught in trimesters.

Journey to Wellness

Beginning with a focus on mental health and wellbeing, this unit equips students with an understanding of resilience and self-discovery. Students will engage with topics such as stress management, emotional regulation, and positive coping mechanisms. Interactive discussions and practical activities aim to foster a well-rounded understanding of mental health, promoting habits of self-care and emotional intelligence.

Unity in Motion

With an emphasis on the transformative power of physical activity, this unit celebrates diversity and inclusion. Students will participate in a variety of activities designed to nurture teamwork, cooperation, and mutual understanding. From inclusive sports to cooperative games, the unit underscores the importance of diversity, aiming to enhance students' physical skills and social abilities in a respectful and empathetic learning environment.

Temple of Strength

Diving into the marvels of the human body, this unit encourages an appreciation for physical capabilities and the importance of a balanced lifestyle. Students will explore anatomy and physiology through hands-on experiments, with reflective exercises promoting a positive body image and self-worth. The goal is to nurture resilience and inspire a lifelong commitment to physical health and wellbeing.