HEALTH AND PHYSICAL EDUCATION

YEAR 9

Field of Champions

Crafting Sporting Greats! Get ready to dominate the court in this thrilling unit focused on basketball and netball! As you master these dynamic sports, you'll not only enhance your movement skills but also become an expert in self-evaluation and peer feedback. Picture yourself analyzing plays in real-time, making split-second decisions, and adapting to challenging situations. This unit is designed to sharpen your critical thinking on and off the court, elevating your game to new heights. Through a series of engaging drills and matches, you'll develop your adaptability and creativity, transforming into a versatile and innovative player. Join us for an exhilarating journey that will boost your physical prowess and game intelligence!

The Dream Team

Lace up your boots and prepare to lead your team to glory in the world of football! This unit isn't just about perfecting your kick or mastering your defensive skills – it's about becoming a true leader on and off the field. You'll tackle real-world scenarios that challenge your decision-making abilities and ethical judgment. Learn how to inspire your teammates, collaborate effectively under pressure, and make tough calls when it matters most. By the end of this unit, you'll have the skills to not only play the game but to shape its outcome through strategic thinking and principled leadership.

Wellness Warriors

Embark on a 12-week odyssey into the realms of nutrition and recreational fitness! This action-packed unit blends crucial health knowledge with exciting physical activities to keep you engaged and energized. You'll discover the secrets of balanced nutrition while participating in a variety of fun recreational activities. From decoding food labels to trying out trendy workout routines, this unit offers a perfect mix of theory and practice. Get ready to transform into a true Wellness Warrior, armed with the knowledge and skills to make informed health choices and enjoy an active lifestyle!