

HEALTH AND PHYS.ED.

Physical Education

Brief Description of Course

Skills are performed with increasing control and intensity. Students have discussed the basic rules and game tactics such as offense, defence, field placements and the roles of various positions. They have worked together to achieve goals in both cooperative activities and competitive games. The concept of fair play, and respect for the role of officials is discussed. Students maintain their fitness levels through regular participation in moderate to vigorous physical activity.

Primary students participate in 100 minutes of P.E./Sport each week.

Both the Junior Secondary class and the Middle Secondary class participate in 130 minutes of P.E./Sport each week.

General Aims and Objectives

- To develop motor skills for successful participation in a range of activities
- To improve their level of personal fitness
- To develop positive attitudes towards involvement in physical activity
- To continue involvement in physical activity throughout their life
- To develop respect for their body as a unique gift of God's creation
- To interact with others in a respectful, considerate and cooperative manner
- To increase knowledge of rules and tactics in a range of activities

Topics include but are not limited to:

- Athletics
- Australian Rules Football
- Basketball
- Cross Country
- AFL 9's
- Tennis
- Netball
- Soccer
- T Ball
- Volleyball
- Table Tennis
- Swimming

Both Primary and Secondary students participate in the swimming program. An outdoor education trip is arranged for secondary students every two years.

HEALTH

Brief Description of Course

Students will examine physical and spiritual aspects to various issues related to their personal health.

General Aims and Objectives

- To develop skills and gain knowledge of safety and first aid
- To understand the value that God places on the health of the human body
- To develop students' ability to make healthy decisions in relation to several different issues
- To study and understand the systems of the body and how they work in conjunction with each other

Topics

- Alcohol and binge drinking
- Decision making
- Safety and first aid in the community
- Nutrition
- Learn for Life Program

Camps

Years 3 /4 attend a bi-annual trip within Victoria to Daylesford, Ballarat or surrounding areas.

Years 5/6 attend a bi-annual trip to Canberra

Secondary students attend the annual four or five day Outdoor Ed Camp.

Year 7 / 8 students attend a bi-annual Mornington and Bellarine Peninsula 3-day tour.

Year 9 / 10 students participate in the Work Experience program.

Year 9 / 10 students attend a Melbourne Experience Careers and Culture Camp.

Year 9 / 10 students may also have the opportunity to take part in a Missions trip.