



Monivae
College Hamilton



HEALTH & PHYSICAL EDUCATION

The Health and Physical Education program at Monivae aims to develop skills in students that will enable them to lead healthy and active lifestyles, have proficient movement skills and be team players. Health literate students can make informed decisions that enhance their own and others health, safety and wellbeing. Monivae students participate in a range of sports developing movement skills, strategies, cooperation and teamplay.

Year 7

Health Topics – Nutrition and consumer health, movement skills, adolescence and change and safety and risk

Year 8

Health Topics – Relationships and bullying, drugs use, physical activity and fitness and mental health

Year 9

Health Topics – Drugs, sexual health, nutrition and mental health

Year 10

Health Topics – Risky business, men’s and women’s health issues, first aid and sports injuries and physical activity

Year 9/10 Pathway Units

Additional to the core curriculum, we also offer a number of Pathways units for Year 9 and 10 students to select as part of their elective choices. These range from Outdoor and Environmental Studies, Health and Human Development and Sport and Exercise Science, as well as lead in subjects to our popular VCE units, as well as Men’s and Woman’s health and fitness units.

Sports covered across Year 7-10 include:

Fundamental movement skills, athletics, swimming, basketball, netball, dance, volleyball, cricket, soccer, badminton, table tennis, fitness testing and training, soft-lacrosse, tennis, T-ball/softball, minor games, indigenous games, hockey, touch football, ultimate and various recreational pursuits such as bowls, bocce and croquet.



VCE

VCE – Health and Human Development

Over the course of Units 1 to 4 students will study the dimensions of health and wellbeing, perspectives and influences of health, nutrition, development throughout the lifespan, Australia’s healthcare system, the promotion of health and wellbeing both in Australia and in a global context and the UNs Sustainable Development Goals.

VCE – Physical Education

Over the course of Units 1 to 4 students will explore the interrelationships between biophysical (anatomical, biomechanical, physiological and skill acquisition) and psychosocial (psychological and sociocultural) principles to understand their role in producing and refining movement for participation and performance in physical activity, sport and exercise.

VCE – Outdoor and Environmental Studies.

Over the course of Units 1 to 4 students will study their connections with outdoor environments including exploring the outdoors and our place in outdoor environments. They will participate in safe and sustainable outdoor experiences where they learn to understand outdoor environments and human impacts on these environments. Students will analyse human relationships with outdoor environments and study the importance of healthy outdoor environments.