

Personal Development, Health & Physical Education

Teaching Students to Manage the Challenges of Life

Learning in PDHPE encourages young people to take a positive approach to managing their lives and equips them with skills for current and future challenges. It contributes to the development in young people of the capacity to take responsibility for their own learning and of a commitment to continue learning throughout life.

Stage 4&5 Theory

An important aspect of a young person's development is their ability to cope with the demands of life. At James Fallon High School we equip our students with the knowledge and skills to manage challenges successfully in all areas of their life so that they develop into responsible and resilient individuals.

All students in Years 7-10 participate in one 38 minute theory lesson per week. Theory units focus on the syllabus strands: 'Self & Relationships' and 'Individual & Community Health'. Stage 4 units encompass knowledge and skills surrounding communication, growth & development, drug use, relationships, lifestyle diseases, connectedness and support networks. Stage 5 units build upon prior knowledge and skills and explore the areas of diversity, discrimination, mental health, sexual health, abuse and power, personal safety and accessing help.

Throughout the course, where appropriate, outside agencies are used to complement the delivery of this important information to our students. This ensures an engaged classroom environment with optimal outcomes for all of our students.

Stage 4&5 Practical

At James Fallon High School all practical movement lessons provide opportunities for our students to learn about, and practise ways of, adopting and maintaining a healthy, productive and active lifestyle. Students learn through movement experiences that are both challenging and enjoyable, that appeal to their needs and interests, and ultimately increase their likelihood of lifelong physical activity.

All students in Years 7-10 participate in one 76 minute practical lesson per week. Practical units focus on the syllabus strands: 'Movement Skill & Performance' and 'Lifelong Physical Activity'. Our units include opportunities for movement involving fundamental movement skills, net/court games, athletics, fitness components, culturally significant games, aquatics, dance, student-directed competitions, striking & fielding games, invasion games and racquet sports.

Throughout the course, where appropriate, outside agencies are used to complement the delivery of these skill sets to our students. This ensures a variety of experiences and engaged, active individuals who value the benefits of movement on lifelong health.