

Health and PE

Factsheet



HENLEY
HIGH SCHOOL



In Health and Physical Education subjects, students learn to apply specialised movement skills and movement strategies and concepts in a variety of different sporting contexts environments. They also explore movement concepts and strategies to evaluate and refine their own and others' movement performances.

Students will refine and apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. They also propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing.

At Henley High School we have a range of subject pathways to Stage 2 which cater for and support all students. The traditional Physical Education course caters for students wishing to develop their complex analytical skills through sport.

The Sports Studies courses (including girls only) are specifically designed to increase student capabilities through collaboration, personal development and individual reflections on performance and engagement in a practical environment.

The Sport and Event Management course allows students to develop skills and knowledge involved in sports administration. Students are actively involved in the organisation and running of major sports events at Henley High School and through the community working with Secondary School Sport.

Subjects

- ✓ Health & Physical Education
- ✓ Physical Education
- ✓ Fit For Life
- ✓ Sports Studies
- ✓ Girls Sports Studies
- ✓ Sport and Event Management

Skills and knowledge gained

Students that study Health and Physical Education subjects will develop their personal and social capabilities in communication, personal development and learning through a range of practical skill based units. They will also develop team work and leadership skills through coaching, skill and technique analysis.

Career and further education opportunities

Health and Physical Education provides the foundation knowledge in post schools pathways in Education, Physiotherapy, Human Movement, Health Sciences, Event Management, Sport Psychology, Education, Exercise Physiology and Nutrition.

More information

For more information about Health and PE at Henley High School, please contact Chris Cilento at chris.cilento@henleyhs.sa.edu.au.