

Physical Education and Health

Factsheet



HENLEY
HIGH SCHOOL



In Physical Education and Health subjects, students learn to apply specialised movement skills, movement strategies and concepts in a variety of different sporting 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 Advance Fitness Cluster is a Senior Physical Education course. This competency based curriculum provides students with the opportunity to complete four (4) major units towards their Certificate III in Fitness.

Subjects

- Physical Education and Health
- Physical Education
- Fit For Life
- Sports Studies
- Girls Sports Studies
- Advanced Fitness

Skills and knowledge gained

Students that study Physical Education and Health 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

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

More information

For more information about Physical Education and Health at Henley High School, please contact Chad Winstanley at chad.winstanley@henleyhs.sa.edu.au.