

Pattison High School- Year 10 Physical and Health Education

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The aim of Physical and Health Education 10 is to enable all students to develop knowledge, movement skills, and positive attitudes and behaviours that contribute to a healthy and active lifestyle while encouraging students to understand and take personal and social responsibility.

Below are the three outcomes this course will address:

- **Active living:** provides students with opportunities to make appropriate choices and set personal goals that enhance their quality of life.
- **Movement:** students develop an understanding of the movement concepts and body mechanics that are necessary to develop activity-specific motor skills.
- **Personal and social responsibility:** provides opportunities for students to acquire leadership skills and identifying what influences our decisions we make and how they impact our physical, emotional, and mental well-being.

Evaluation Breakdown

Types of Work	Percentages
Participation	25%
Attendance	10%
Physical Activity Logbook	20%
Exams	45%

Resources:

Lined workbook

Paper and pens

PE Uniform including appropriate sports shoes