

HEALTH AND PHYSICAL EDUCATION

CHURCHLANDS SHS

YEAR 7 HEALTH AND PHYSICAL EDUCATION

- In Years 7-10 all students complete
- 1x Health lesson per week
- 2x Physical Education lessons per week
- Swimming and Special AFL do not participate in Physical Education



YEAR 7 HEALTH

- Resilience
- Emotions
- Puberty
- Mental Health
- Cyber Safety
- Healthy Eating
- Being Physically Active



YEAR 7 PHYSICAL EDUCATION

- Basic Skills and Game Based Units
- Term 1 - Swimming
- Term 2 – Catching and Throwing
- Term 3 – Athletics, and Kicking
- Term 4 – Striking

These units are based on modified and active games. The goal is to keep the students moving, learning, displaying leadership, and sportsmanship.



EXPECTATIONS FOR A TYPICAL PHYSICAL EDUCATION LESSON

- Bring grey PE shirt, navy PE shorts and a hat .
- Students not participating will require a note in the diary from their parent/guardian
- Swimming lessons require bathers and towel. A rashie and goggles are suggested – but optional. It is recommended students bring a separate sports/string bag for swimming.
- Please label all uniform/bathers and bags.



SWIMMING AND ATHLETICS CARNIVALS



SWIMMING AND ATHLETICS CARNIVALS

- We host a swimming carnival in term 1 and an Athletics carnival in term 3
- Both carnivals offer opportunities for champion athletes and house athletes. Structured measured events work side by side with novelties and participation events.
- Champion boys and girls are recognised
- Sportsmanship and spirit are recognised
- Winning House is recognised
- Dress ups, and house colours are encouraged
- Interschool Swimming and Athletics teams are selected using results from these days
- These are compulsory school days

LIGHTNING CARNIVALS (YEARS 7-10)

- During term 2 each year group will participate in a separate Lightning Carnival.
- Students select a sport on the permission form in their diary
- They play that sport in teams, with their friends at various venues, against other local high schools.
- The emphasis is on participation, being active and building relationships with teammates



FUN RUN

- A school based event – 5km around our suburb – no major roads crossed!
- Held on a school day late term I.
- Students raise money via sponsorship forms.
- Money raised goes to the Telethon Institute for Kids
- Prizes are awarded to top runners, top fund raisers and lucky raffle winners.



PERMISSION NOTE

- The diary holds a permission note for some of the H&PE Carnival Days – you will be asked to complete this next year – the teacher will then tear it out (usually around page 35).
- This includes the Fun Run, Swimming, Athletics and Lightning Carnivals
- Other excursions will need to send home notes on a needs basis – and payments will be required to go through the QKR interface.

PHYSICAL EDUCATION AND SPORT EXCURSIONS 2021

NAME _____ YEAR _____ FORM _____

Dear Parents/Guardians
The Physical Education Department will be running several activities during the year that will require students to leave the school premises. It is a requirement from the Department of Education that parents/guardians give permission for this to occur and complete a medical information sheet.
Listed below are some of the activities that require students to leave the school grounds. Not all students will be involved in all activities, however we ask you to sign the forms so these activities can proceed.
Please note that more specific activities like outdoor education camps will require individual permission forms. Closer to the event parents/guardians will be notified if their child is involved.
The medical form will also be used for community service activities.

TERM 1	TERM 2
Swimming Carnivals Year 10, 11, 12 Thursday 20 February Year 9 Tuesday 25 February Year 8 Friday 27 February Year 7 Thursday 28 February Interschool Swimming Carnival HBF Stadium Friday 20 March	Fun Run - Around the streets of the school, police permission obtained 9:00am - 11:30am, Wednesday 1 April. One Day Lightning Carnivals (various venues) Year 7 Wednesday 3 June Year 8 Wednesday 6 May Year 9 Thursday 18 June Year 10 Tuesday 29 June Lightning Carnival Spart _____
TERM 3	TERM 4
Athletics Carnivals Year 10, 11, 12 Wednesday 5 August Year 9 Thursday 6 August Year 8 Friday 14 August Year 7 Tuesday 11 August	Athletics Practice Day WA Athletics Centre, Wednesday 16 October Interschool Athletics Carnival WA Athletics Centre, Wednesday 21 October

I give my son/daughter _____ of Form _____ permission to attend and/or compete in the above mentioned events.
I am aware that any costs incurred as a result of accident or illness are my responsibility and that school staff are not responsible for any loss or damage to my child's personal property that may occur during the course of the excursion. I will advise the staff of any changes to my child's health and fitness that may affect her participation in the excursion.
In the event we return to school early, students will be held on the top oval until the 3:15pm bell.

Permission slip and medical certificate form are to be returned to your
Physical Education teacher by Friday 12th February.

Signed Parent/Guardian _____

PLEASE COMPLETE BOTH SIDES OF THE FORM

STRICTLY CONFIDENTIAL
This information is required for each student, to assist the school and supervising teachers to prepare and plan for Physical Education Department Excursions.

STUDENT DETAILS

Student's name _____ Date of birth _____
 Form _____ Parent's full name _____
 Address _____ Postcode _____
 Telephone - Emergency contact _____
 Name of family doctor _____ Telephone _____

MEDICAL DETAILS

Is your child subject to seizures, fainting, epilepsy, diabetes or any other condition that may affect his or her safety during the excursion?
 Yes No Details _____

Is your child allergic to:
 Penicillin Details _____
 Any other drug Details _____
 Any food Details _____
 Other Details _____
 Date of last tetanus vaccination _____

Medication:
 Parents are requested to make arrangements with the teacher-in-charge for the safekeeping and handling of medications prior to the excursion. Students should carry with them any medication e.g. for asthma or allergies that they require. Staff are not permitted to give analgesics (painkillers).
 Is your child presently taking tablets and/or other forms of medication? Yes No
 Does your child self-administer the medication? Yes No
 If 'yes', state name of medication, dosage and frequency of use _____

OTHER DETAILS

Please provide any other information that will enable the organisers of the excursion to provide better care for your child.

CONSENT

I agree to inform the organisers before the scheduled excursion any departure of any change to my child's health and fitness so that appropriate supervision may be arranged. I acknowledge that, should it be considered necessary, school staff will arrange to prevent my child from medical assessment. I am aware that any costs incurred as a result of accident or illness are my responsibility and that the school staff are not responsible for any loss or damage to my child's personal property that may occur during the course of the excursion.
 I have read and understood the information regarding the Physical Education and Sport Excursions 2020 form and give consent for my child to attend and participate.
 Signature of parent _____ Date _____

EXTRA CURRICULA CLUBS

- Indoor Soccer Club
- Badminton (Baddy) Club
- Running Club
- Swim Training
- Basketball Open Gym
- Athletics Training



INTERSCHOOL TEAMS

- Swimming
- AFL
- Netball
- Soccer
- Basketball
- Water Polo
- Athletics
- Rugby
- And more...

YEAR 8 NETBALL

- In Year 8, students can choose Special Netball
- This is an extra unit
- It is assessed
- Special Netball occurs before school – not during regular classes
- It is open to all interested students
- Students can select Special Netball in Years 9 and 10 as an option



YEAR 9 AND 10

Other options can be selected on top of Health and Physical Education

- Netball
- Outdoor Education
- Basketball Program
- Sports Science
- Rugby



HEALTH AND PHYSICAL EDUCATION YEARS 11 AND 12

- ATAR Physical Education Studies
- General Physical Education Studies
- ATAR Health Studies
- General Health Studies
- Certificate II Sports Coaching