

# Health and Physical Education

The Health and Physical Education curriculum is in line with the Australian Curriculum and the International Baccalaureate Middle Years Programme curriculum framework. The Health and Physical Education Faculty is committed to developing in students a positive attitude towards physical activity and encourages them to make choices that contribute to an active, healthy life.

## Year 7 Health and Physical Education (HPE)

Year 7 students participate in a broad range of activities with the emphasis on participation and enjoyment while developing their fitness and skills through a variety of minor and modified games within individual and team oriented approaches.

Units of works undertaken in Year 7 are:

Badminton	Fitness Testing	Swimming
Basketball	Health	Track & Field
Cricket	Modified Games	Touch
Cross-country Running	Skipping (Jump Rope)	Volleyball
Dance	Soccer	

Health topics include: Positive Relationships and Nutrition & Health Benefits of Physical Activity.

## HPE Uniform

Due to the physical nature of the subject students are required to change into the HPE uniform for all practical lessons. A change of clothes includes:

- PE shirt—navy polo shirt with school logo. These are available for purchase through the Finance office or the uniform shop for \$25. The PE shirt is also used when representing the school at interschool sports carnivals.
- Shorts—plain navy sports shorts. These can also be used when representing the school at interschool sports carnivals.
- Jumper/Trackpants—navy. For use in the cooler months.
- Footwear—cross-trainer or running sneakers. N.B.—Flat-soled shoes, such as Vans, Converse, etc. do not provide suitable protection and are not acceptable footwear for HPE.
- Hat and water bottle

## Carnivals and Sport

There are three major carnivals for the whole school; Swimming, Cross-Country and Track & Field. Students are placed into Houses based on their surname and compete against other students in the same age. The Houses at Telopea Park School are: Campbell (surnames beginning with A-D), Farrer (E-K), Moore (L-R) and Throsby (S-Z). Depending on performance at the school carnivals, students may be selected to represent the school at the Southside Regional and/or ACT carnivals.

Opportunities also exist for students to represent the school in a variety of individual and team sports against students from other ACT and regional NSW schools. Depending on the interest, students may need to trial against other students in the school for places in these teams. Most sports carnivals are a one-day competition with an additional ACT finals day (when required).

Telopea Park School  
Lycée franco-australien de Canberra

**Cooperation ▪ Fairness ▪ Honesty ▪ Respect**