

Health and Physical Education (HPE) FAQs



HOW OFTEN DOES MY CHILD PARTICIPATE IN HPE CLASSES?

Students participate in HPE classes for the whole year timetabled as four 50-minute lessons per two-week cycle.

WHAT IS MY CHILD LEARNING?

Throughout Year 7 and Year 8, students engage in a diverse and dynamic HPE programme designed to develop their cognitive, decision-making and physical skills through a well-rounded experience that promotes both personal and social growth.

- **Aquatics unit:** enhances environmental awareness and swimming proficiency, ensuring students gain confidence in water-based settings. By participating in safety activities, technique development programs and engaging aquatic challenges, they learn vital water safety and survival skills while fostering safe social interactions.
- **Olympics: Higher, Faster, Stronger unit:** immerses students in team-based athletic events, such as rowing, cycling and running. Emphasising endurance, strength and speed, this unit promotes Olympic ideals, encouraging resilience, teamwork and healthy competition through medal-based events and collaborative success.
- **Group Dance Synchro unit:** fosters creativity, expression, and coordination, enhancing students' movement skills while promoting teamwork and self-confidence.
- **Mind and Body and Brain Waves units:** investigate health risks, understand mental wellbeing and apply health information effectively.

By participating in these programmes, Year 7 and Year 8 students develop lifelong skills that enhance their physical, mental and social wellbeing, preparing them to make informed and positive health choices.

WHAT KEY SKILLS IS MY CHILD DEVELOPING?

Middle School students in HPE develop a wide range of cognitive, physical and social skills that contribute to their overall wellbeing. In HPE, students enhance their critical thinking and decision-making skills, build swimming proficiency, water safety awareness and survival skills. Students improve endurance, strength and teamwork, as well as building confidence, resilience and goal-setting skills.

Overall, students develop physical fitness, problem-solving abilities and interpersonal skills, preparing them for lifelong health-conscious decision-making and active participation in physical activities.

HOW DO I ACCESS FEEDBACK ABOUT MY CHILD'S PROGRESS?

Parents can view their child's progress, feedback, and assessment results via the Hive Learning Management System. As students only have two classes a week and are undertaking extended project-based learning activities, graded feedback will be available once each term and supported through Learning Behaviours feedback. Should you have any concerns about your child's progress you may contact the teacher via the classes tab on your child's profile page (accessed by clicking on their name on the Hive Dashboard).

WHAT DOES A SUCCESSFUL HEALTH AND PHYSICAL EDUCATION STUDENT LOOK LIKE?

Student's skills in HPE are assessed through the Hive Learning Management System, where parents can access detailed rubrics outlining their child's development in skill mechanics, dynamics and course understanding. These rubrics provide insights into both practical performance and cognitive engagement, ensuring a balanced evaluation.

