PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

“Those who think they have no time for bodily exercise, will sooner or later have to find time for illness”

-Edward Stanley, Earl of Derby (1873)

The Personal Development, Health & Physical Education Faculty is concerned with developing the knowledge and skills, and fostering the attitudes that will empower students to adopt healthy lifestyles. The teaching & learning programs affect the way students think, feel & act in regard to their own well-being and that of others and the community in which they live. Class activities are designed to enable & encourage students to make informed decisions related to health, physical activity, lifestyles & life planning.

Participation in regular & varied physical activity is an inherent component of all PD/Health/PE syllabuses. To ensure optimal structural growth and efficient functioning of the body, physical activity is essential. Movement experiences aim to develop not only the movement concepts and skills necessary for satisfying performance, but also self-awareness, aesthetic appreciation, problem solving & interpersonal skills

Subjects:

Year 7-10 PD/Health/PE (compulsory)

Year 9-10 Human Movement (elective)

Year 9-10 Dance (elective)

Year 11-12 PD/Health/PE (2 Unit elective)

Year 11-12 Dance (2 Unit elective)

Year 11-12 Entertainment Industry (2 Unit elective)

Year 11 Sport, Lifestyle & Recreation Studies (1 Unit elective)

Year 11-12 PD/Health “Crossroads” Program (compulsory)
The Year 7-10 PD/Health/PE program is divided into practical & theory components. In each unit of theory work, students aim to achieve a series of outcomes designed to encourage them to adopt healthy lifestyle practices. In practical lessons, students are encouraged to develop their movement skills through a process of skill development & related game play.

Human Movement (Physical Activity & Sports Studies) is an extremely popular elective course for Year 9 & 10 students, as an extension of the Physical Education component of the Year 7-10 PD/Health/PE program. Consisting of theory (65%) & practical (35%) work, it is designed to cater for both the talented sportswoman, as well as interested students who enjoy physical activity & wish to improve their sporting knowledge & skills.

The elective Year 9-10 Dance syllabus is designed for all students interested in dance education. It has particular relevance for those students motivated to gain an understanding of how to perform, compose & appreciate dance. It is certainly not necessary to have studied dance before to successfully complete this course.

The 2 Unit PD/Health/PE syllabus is designed for all students in Years 11 & 12 proceeding to the Higher School Certificate examination, and therefore contributes marks towards the University Admission Index (UAI). The syllabus provides foundation studies for those students with a special or vocational interest in human movement, fitness, sports sciences, nursing & community health.
The 2 Unit Dance syllabus is designed for all students in Years 11 & 12 proceeding to the Higher School Certificate examination, and therefore contributes marks towards the University Admission Index (UAI). It has particular relevance for those students motivated to gain a greater understanding of performance, composition & appreciation of dance as an art form. It is not necessary to have studied dance in the junior school to successfully complete this course.

The 2 Unit Entertainment is a Vocational Education course designed for all students in Years 11 & 12 proceeding to the Higher School Certificate examination, and contributes marks towards the University Admission Index (UAI). It is designed to enable students to acquire a range of technical, practical, personal & organisational skills valued within the entertainment industry. Students will also acquire skills & knowledge related to work, employment & further training, as well as participate in two weeks of work placement in the entertainment sector.

Sport, Lifestyle & Recreation Studies is a 1 Unit course for Years 11 &/or 12, and is designed to encourage students to continue to develop their knowledge, skills & understanding of the role of sport, a healthy lifestyle & recreation in everyday life. The course has both theory & practical components. Making up the total of indicative hours required for the HSC “Record of Achievement”.

“Crossroads” is a compulsory Personal Development & Health program for all students in Years 11/12, concerned with promoting the self-esteem, social well-being and effective decision-making skills of individual students. To meet these requirements at Randwick Girls High School, students can either attend the Jindabyne Sport & Recreation Centre or a Personal Development/Health program at school. These programs are also supplemented by regular seminars conducted by staff from the Royal Hospital for Women.

The PD/Health/PE Faculty is also responsible for a variety of activities designed to supplement the existing course programs. In addition to the Year 8 PE “Enrichment Day”,
Year 9 Blue Mountains excursion, Year 10 overnight Canberra trip, Year 11 Jindabyne Sport & Recreation camp, Year 10 & 11 Bushwalks, Senior First Aid Certificate courses, the Duke of Edinburgh’s Award, Rock Eisteddfod and numerous Dance Festivals & Performances, this year also sees the continuation of the Dance Ensembles, Gifted & Talented Sportswoman program, coaching of students from Maroubra Junction Primary School, and the use of the University of NSW sporting facilities & the “Fitness First” Gym at Randwick.

The impressive Oval, two Dance Studios and the continual upgrade of the Multi Purpose Centre, allows the students at Randwick Girls High School to access some of the best facilities in any public high school in NSW. The excellent PD/Health/PE Staff, combined with the enormous variety of equipment & resources available, continue to ensure that the students are encouraged to actively involve themselves in all aspects of health & physical activity.

Staff:

Bruce C. – Head Teacher (PE/H/PD, Human Movement)
Amanda R. – (PE/Health/PD, Dance & Entertainment)
Kylie F. – (PE/Health/PD, Dance & Entertainment)
Sonia D. – (PE/H/PD, Human Movement)
Nadia K. – (PE/H/PD, Human Movement)