

Fitness and Lifestyle

Do you want to learn about health and benefits of physical activity?

Do you want to understand wellbeing and strategies to support this?

Students learn to refine and apply strategies for maintaining a positive outlook in different leisure, social and movement situations. They have the opportunity to experience and analyse different ways to successfully participate in physical activity. Students learn to apply more specialised movement skills and complex movement strategies. The curriculum also provides scope for students to refine and consolidate personal and social skills in a range of activities.

This course includes:

- Health benefits of physical activity
- Mental health and wellbeing
- Fundamental movement skills
- Rhythmic and expressive movement activities
- Interoception activities

The basis of the program supports both the Australian Curriculum and the development of Interoceptive activities aimed at improving the students' understanding of themselves and their relationship to space, time and position.

Assessment

Practical
Theory

Subject Length

1 semester

Additional Information

N/A