

**Hunter River High School**  
**Personal Development / Health / Physical Education**  
**Year 10 Programs**

Dear Parent / Carer,

Students in NSW Public Schools are required to complete 300 hours of PD/H/PE across years 7 to 10 in order to be eligible for the award of a grade for reporting on their NSW School Certificate.

The PD/H/PE programs at Hunter River High School consist of practical and theoretical units of work, developed from the Board of Studies syllabus, which is divided into four content strands.

Strand 1 - Self and Relationships                      Strand 2 - Movement Skill and Performance  
Strand 3 - Individual and Community Health      Strand 4 - Lifelong Physical Activity

The PD/H/PE faculty at HRHS is committed to the development of programs which, it believes, will best meet the needs of the students at the school. The interpretation we have made of the syllabus is designed to encourage each individual to learn about, and practise ways of, adopting and maintaining a healthy, productive and active life.

Parents who would like to see the content of our PD/H/PE programs from term to term are most welcome to contact the school. PD/H/PE program content will be delivered in 7 periods / cycle in years 7 and 8, and 4 periods per cycle in years 9 and 10.

In order to satisfy requirements in PD/H/PE, which is a compulsory subject in NSW schools, students must bring the correct equipment to lessons.

**Theoretical lessons:**

- Writing equipment ( minimum requirements blue or black pen, red pen and ruler )
- Students in years 7 to 10 will be required to purchase a **workbook voucher**

Year 7 to 10 **workbook vouchers** can be purchased from Admin. 1, at a cost of \$5, from day one of the current school year. Student workbooks for all four school terms are included in this cost.

**Practical lessons:**

- The school has a PE/Sport uniform, available from Lowes Store, Raymond Terrace
- Only footwear specifically designed for physical activity / sport is to be worn for practical lessons - shoes must also be correctly laced
- If a student is unable to wear correct uniform on a given day, he / she should wear appropriate alternative clothing, with a note of explanation from parent or carer. The wearing of school uniform for practical lessons is not acceptable.

**Reward for correct practical uniform**

*"Pancakes for Persistence"* is a reward system for students who **consistently** change into the correct practical uniform. Students will be rewarded with a pancake breakfast between weeks 8 to 10 of each term.

If a student is unable to participate in a practical lesson, then a note from a parent or carer requesting an exemption, stating the nature of the illness / injury is necessary. For more long term exemptions, a Doctor's Certificate is absolutely essential.

When weather conditions are wet, or rain is threatening, a decision on what equipment to bring to PD/H/PE lessons can be difficult when a class is due for a practical lesson.

The school does have an enclosed canteen area, and a hall, so options do exist for practical classes when conditions are wet - bring uniform always.

As stated earlier in this letter, it is our aim in the PD/H/PE programs to encourage each individual to learn about, and practise ways of, adopting and maintaining a healthy, productive and active life. Physical, social and mental health dimensions are an integral component of a healthy, productive and active life, and to satisfy requirements of the PD/H/PE syllabus, we require parental / carer approval for students to participate in aspects of the program which deal with issues regarding Road Safety e.g. drink driving, distracted driving, speeding, peer influence with respect to driving, consequences of poor driving decisions, Sexting, Child Protection and Drug Use. Sections of 'M' rated DVDs will occasionally be shown to complement teaching and learning activities.

If a parent / carer wish their child to be withdrawn from these sections of the program, please indicate this by sending a note to, or ringing, the PD/H/PE teacher of their child or the Head Teacher of PD/H/PE.

HRHS would like to communicate the following formal assessment schedule information, to parents / carers.

**The formal assessment schedule for Year 10 PD/H/PE in 2017 follows.**

1.	'Modified Mars' Athletics Challenge	Term 1	15%
	'Sport search' Fitness challenge	Term 2	5%
2.	Topic Tests	Term 2	30%
	- Promoting Health & Safe Behaviour		
3.	'Dancing with the Stars'	Term 2	15%
	- practical assessment		
4.	Invasion Games - Field Game	Term 3	15%
	- Practical Assessment		
5.	Risky Business	Term 3	20%

Please assist us with the planning of our PD/H/PE programs by completing the return slip below, and returning this slip, via your child, to their PD/H/PE teacher as soon as possible, and certainly **no later than the end of February**.

In anticipation, thank you for your support of the PD/H/PE programs at Hunter River High School.

Kind regards  
The PD/H/PE faculty

Student name: .....

PD/H/PE class: ..... Teacher: .....

I understand the nature of the PD/H/PE programs as they operate at Hunter River High School, and give my permission for my son / daughter to participate in all program content. I have read the proposed assessment schedule for my child's year group during the current school year. I will attempt to ensure that my son / daughter will comply with all requirements in this subject area. **Yes / No**

Signed: .....

Date: .....

Optional comments / questions:

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