

**Hunter River High School**  
**Personal Development, Health & Physical Education**  
**Year 7 to 10 Programs 2017**

Dear Parent / Carer

Eligible students who leave school before receiving their Higher School Certificate (HSC) will receive the NSW Record of School Achievement (RoSA). Students in NSW Public Schools have the mandatory curriculum requirement to complete 300 hours of PDHPE across years 7 to 10 in order to be eligible for the award of a grade for reporting on their RoSA.

The PDHPE 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 PDHPE 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 PDHPE programs from term to term are most welcome to contact the school. PDHPE program content will be delivered in 7 periods / cycle in Year 7.

In order to satisfy requirements in PDHPE, 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**. 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.

**Pancakes for Persistence: A reward program was introduced in 2011 to encourage students to consistently change into the correct practical uniform. Students will be rewarded with a pancake breakfast at the end of each semester in 2017, for achieving a predetermined amount of uniform points.**

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 PDHPE 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.

