

**Hunter River High School**  
**Personal Development / Health / Physical Education**  
**Year 8 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 PD/H/PE across years 7 to 10 in order to be eligible for the award of a grade for reporting on their RoSA.

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 8.

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 8 will be required to purchase a **workbook voucher**

Year 8 **workbook voucher** can be purchased from Administration Office one 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. You may also choose to pay online the [subject contribution](#) at our website:

<http://www.hunterriv-h.schools.nsw.edu.au/>

**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 each semester between the weeks 8 to 10 of term 2 and 4.

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 of Human Sexuality and Relationships e.g. adolescence and puberty, conception / contraception, HIV / AIDS, Sexually Transmitted Infections, Child Protection and Drug Use. YouTube clips if deemed suitable 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 8 PD/H/PE in 2017 follows:**

Task 1: 'Modified Mars' Athletics Challenge	Term 1	15%
Task 2: 'Cyberbullying' Assessment Task	Late Term 2/Early Term 3	20%
Task 3: Topic Pre and Post Tests	Terms 1, 2 & 3	30%
Task 4: 'So You Think You Can Dance'	Late Term 2/Early Term 3	10%
Task 5: 'Net / Basket Games' Practical assessment	Term 3	15%
Task 6: 'Sport search' Fitness Challenge	Term 4	10%

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

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Student name: .....

PDHPE class: .....

Teacher: .....

I understand the nature of the PDHPE 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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