



"SHAPING THE FUTURE, BY PURSUING  
EXCELLENCE AND CREATING  
BOUNDLESS OPPORTUNITIES"



# ELIZABETH MACARTHUR HIGH SCHOOL




PERSONAL,  
DEVELOPMENT, HEALTH AND  
PHYSICAL EDUCATION

RESPECT, RESPONSIBILITY, PRIDE



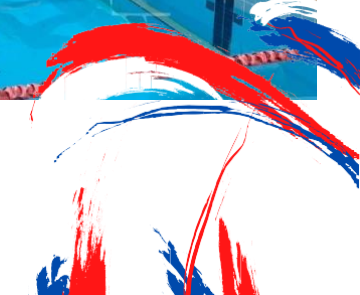
## CONTACT US

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 Elizabeth Macarthur High School

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# PERSONAL DEVELOPMENT AND PHYSICAL EDUCATION

## ABOUT US

Throughout the study of Personal Development, Health and Physical Education course, students develop the knowledge, understanding, skills and attitudes needed to protect and enhance their own and others' health, safety and wellbeing.

The PDHPE faculty at EMHS is devoted to the teaching and learning of our students and encouraging critical thinking in a practical environment.

HEAD TEACHER: SIMON WILSON

To learn more visit the QR code:



## THEORY LESSONS

Health lessons allow students to explore a range of topics relevant to their development.

Including;

- Physical, social and emotional changes during adolescence
- Understanding self identity
- Grief and loss
- Mental health
- Caring and respectful relationships
- Sexual health
- Bullying and harassment
- Protective strategies
- Drug use
- Healthy food habits
- Road safety
- First aid
- Diversity and discrimination

## PRACTICAL LESSONS

Practical lessons allow students to be physically active, learn skills, strategies and tactics to improve their confidence in a variety of practical contexts. They are equipped with the skills and attitudes to engage positively in lifelong physical activity.



## PDHPE ELECTIVE SUBJECTS

Stage 5 (Years 9 – 10) elective subjects such as:

- PASS: Sport Science (200 hour course)
- Sport Lifestyle and Recreation (100 hour course)
- Duke of Edinburgh (100 hour course)

Stage 6 (Year 11 – 12) subjects such as:

- Personal Development, Health and Physical Education (PDHPE)
- Sport, Lifestyle and Recreation (SLR) – Non-ATAR course

## OTHER

## SPORTING OPPORTUNITIES

- School Carnivals – Swimming, Cross Country and Athletics.
- Gala Days – Various Gala days take place throughout the year against other local schools including in Frisbee, Netball, Oztag and Multi-Sport.
- Knockout Sport – Students are encouraged to try out for a variety of teams which compete against other schools in the Sydney South West region.

