



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION

The aim of our Personal Development, Health & Physical Education (PDHPE) program is to develop socially critical and spiritually aware individuals.

We aim to develop skills, abilities and knowledge in students, for them to utilise in real life situations both inside and outside the school gates, as well as in the future when their time at Aquinas Catholic College has concluded.



Through activities such as social dance, Royal Life Saving courses, peer support opportunities, interaction in team games and in the classroom, we hope to foster opportunities for students to acquire leadership skills, co-operation, self-discipline, sportsmanship and responsibility. Through guest speakers, class activities and community awareness raising we provide an insight and better understanding of the consequences of many lifestyle decisions and expose them to the skills necessary for resilience and discernment.

Our focus on encouraging regular physical activity, provision of fitness testing, muscular activity, weight training methods, lectures in physiology, anatomy and nutrition (including parent evenings), promotes the development of all dimensions of a student's

health and well-being.

Our well-resourced department includes:

- The Wellbeing Centre – a fully equipped weights and gym facility – including spin bikes, rowing machines, elliptical, free and fixed weights.
- Fitness and fuel club twice weekly which includes small group training sessions and breakfast club before school
- An indoor hall with courts to accommodate basketball, volleyball, badminton and soccer
- A large grass sporting field
- Modern change facilities
- Outdoor basketball court and volleyball court



COURSES

STAGE 4	STAGE 5	STAGE 6
Year 7 PD/Health/PE (mandatory)	Year 9 PD/Health/PE (mandatory)	Year 11 &12 PD/Health/PE (2 Unit)
Year 8 PD/Health/PE (mandatory)	Year 10 PD/Health/PE (mandatory)	Year 11 & 12 Sport, Fitness and Recreation (2 Unit)
	Year 9 and 10 PASS Physical Activity and Sports Studies (elective)	Year 11 &12 Community and Family Studies (2 Unit)
		Year 11 &12 Marine Studies (2 Unit)