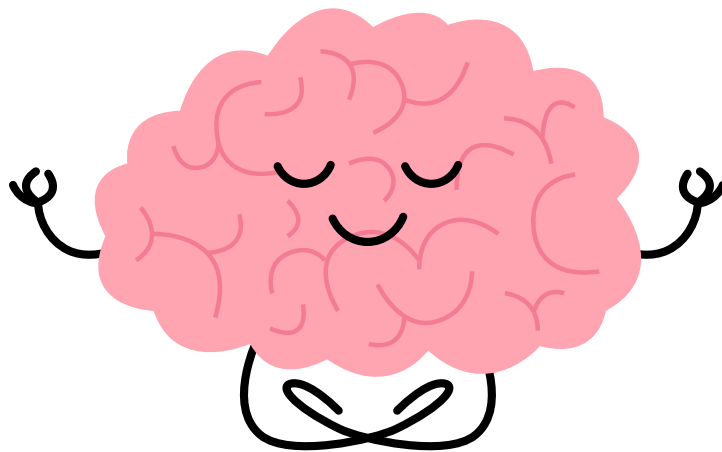


Year 10 HPE: Moving for Health, Fitness and Wellbeing!

This term in Year 10 Health and Physical Education, students are focusing on how physical activity can boost both **fitness and overall wellbeing**. Our new unit, *Physical Activity Plans for Fitness, Health and Wellbeing*, encourages students to think about the many ways being active can support a healthy body and a positive mind.

Throughout the term, students will look at the **benefits of physical activity**, learn how to **assess their own activity levels**, and explore some of the **barriers that can make it hard to stay active**. We'll also dive into **training principles, methods and programs**, helping students understand how to build fitness safely and effectively.



An important part of the unit is recognising that physical activity should be **inclusive, safe and enjoyable for everyone**. Students will discuss how to show leadership, support others and consider ethical practices when planning and participating in activity.

For their assessment, students will create a **1–2 minute video** showcasing a **basic training program** designed to improve **two components of fitness**. The aim is to design a program that enhances **health, performance and wellbeing**, while demonstrating safe and inclusive participation.

It's shaping up to be a positive and practical unit — one that encourages our students to take an active role in their own health and to inspire others to do the same!