

PERSONAL DEVELOPMENT, HEALTH and PHYSICAL EDUCATION - 2021

The purpose of this communication to parents/carers is to clarify some of the programs and procedures in the Personal Development, Health and Physical Education (PDHPE) KLA.

PDHPE is one of the mandatory courses that is required to be successfully studied in each of the Years 7-10. PDHPE is taught in accordance with the requirements of the Department of Education and NESAs.

A. Controversial and Sensitive Topics - In accordance with the Department of School Education guidelines, which ensure that all students are provided with correct and up to date information, we include work which may be of a sensitive nature such as; drug education (use and abuse and consequences), sexuality, contraception, sexually transmitted infections, domestic violence, road trauma, diseases and Child Protection. Teaching resources provided and recommended by the Department of Education are used in a sequential and developmental program.

B. Participation – to satisfy NESAs requirements, students in years 7 to 10 must successfully complete the mandatory requirements of PDHPE as identified in the NESAs syllabus. Failure to complete classwork, assessment tasks or required practical experiences may result in a student not progressing to the following year or not attaining a Record of School Achievement (RoSA) due to the mandatory classification of this course. A broad range of theoretical and practical learning experiences, as well as assessment tasks are covered to cater for the diverse nature of our students. Students are expected to complete all activities to the best of their ability.

C. Personal Hygiene – Personal hygiene practices are important for all students to develop. Students are encouraged to bring spare uniform if possible to change into after activity. Also, students are encouraged to use roll-on deodorant. A reminder; aerosols are not to be brought to school.

D. Mouth guards – When properly fitted, a mouthguard will protect teeth, stop them biting into the lips and can act as a shock absorbing layer between teeth to reduce concussion and jaw fracture. The Health NSW, Sports Medicine Australia, Australian Dental Association and Dental Health Foundation Australia recommend the wearing of custom-made mouthguards for participants involved in training and competition games in sports where collisions with opponents and sporting equipment is likely to occur. Students at Wollumbin are encouraged to wear mouthguards for these sports.

E. Footwear – Students are required to wear appropriate footwear to participate safely in practical lessons. Joggers are the most appropriate. Shoes with heels can cause injury and are not recommended.

Thank you for your co-operation in making the PDHPE program successful. Please feel free to contact me at school for further information.

Chris Brooker
Head Teacher PDHPE