



PDHPE DEPARTMENT

Our Mission

The mission of this department is to motivate students to achieve their physical and mental best in Personal Development, Health and Physical Education and sport. While the students are achieving these goals, they are also learning that daily physical activity is essential in living a longer, healthier life.

Our mission is to ensure students recognise the value of participating in incidental or organised daily physical activity; that they experience a variety of physical activities which they may carry on into their lives.

We have also developed a program of physical activities which we hope the students enjoy and participate in for the intrinsic personal satisfaction of being involved in physical endeavour.

"Success isn't something that just happens - success is learned, success is practised and then it is shared."

*Sparky Anderson
Baseball Coach*



Program

PDHPE/Sport department offers a broad and often challenging program for the students. The various classroom and outdoor programs offered by this faculty will introduce students to significant current issues within the classroom which stimulates rigorous debates and creates opportunities for extension study. A number of the programs will take the students outside their familiar environment to challenge them both physically and intellectually in a much broader setting.

Physical Activity / Sports Studies and Assessment

In Years 9 and 10 students are given the opportunity to delve a little deeper into the field of "Physical Activity and Sport". The Stage 5 PASS course is 50% practical and 50% theory.

Students may take the 100 hour course in either Year 9 or 10 or they may opt to stay with the 200 hours through both Years 9 and 10. The course embraces the idea of health and physical activity as a lifestyle choice, as well as exploring the rigours of participation in elite competition.

Outdoor Education and Assessment

Within the structure of the timetable, students have the opportunity to develop a respect, appreciation, understanding and love for the outdoors. From Year 7 through to Year 11 the opportunity to build this knowledge is available.

The elective option, PASS (Physical Activity and Sports Studies) in Years 9 and 10 will offer the opportunity to extend this interest. The elective runs as either a one year or two course. Students will experience a summer outdoor experience in Year A, participating in canyoning, rock climbing and camping. In Year B the students will participate in a winter outdoor education experience. The students will learn how to cross country ski, snow shoe and build basic shelters for survival. Students explore the process of growth and development and extend their understanding that growth occurs not only physically, but also socially, emotionally, spiritually and intellectually.

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PDHPE DEPARTMENT (CONTINUED)

PDHPE AND PASS COURSE OUTLINES				
	TERM 1	TERM 2	TERM 3	TERM 4
Y E A R 7	GET ACTIVE, GET HEALTHY What does it mean to be healthy?	ADOLESCENCE AND CHANGE Puberty, hygiene and setting boundaries for relationships.	BELONGING Self-esteem, self-confidence, inter-personal skills.	HEALTH MATTERS Life is full of risks. Good decision-making skills can reduce misadventures.
Y E A R 8	HEALTHY HABITS Being a knowledgeable consumer	FIRST AID Managing emergency situations	DRUGS – REALITY AND RISK An investigation of social, legal and illicit drugs.	SUPPORTING MYSELF AND OTHERS Self-esteem, self-confidence, inter-personal skills.
Y E A R 9	IN A NUTSHELL A look at food labels, advertising and healthy decisions.	ISSUES OF SUBSTANCE A look at drug use, mis-use and abuse.	TEEN TALK Understanding, the dynamics of peer groups.	RELATIONSHIP ROUNDUP Understanding the qualities that make relationships fail or flourish.
Y E A R 10	SEXUAL HEALTH Unlocking the mysteries of growth and personal development.	CELEBRATING DIVERSITY Rights and responsibilities in a multicultural world.	SHIFTING KNOWLEDGE Consumerism and healthy decision-making.	PLANNING FOR SAFETY A look at risk behaviours, influences and management strategies.
P A S S A	PHYSICAL ACTIVITY FOR HEALTH How much activity do we need?		LIFESTYLE LEISURE AND RECREATION – SUMMER Enjoying Australian outdoor environments.	ISSUES IN SPORT Focus on the influence of drug use in sport.
	SURF RESCUE Emergency management strategies in aquatic environments.	COACHING AND LEADERSHIP Teaching strategies, theory and practice.		PHYSICAL FITNESS What is fitness? How do we measure it?
P A S S B	PARTICIPATING WITH SAFETY Risk assessment and minimising hazards in sporting environments.	ENHANCING PERFORMANCE How can we enhance and improve our overall performance.	LIFESTYLE LEISURE AND RECREATION – WINTER An investigation of Australia’s Winter recreation opportunities and hazards.	AUSTRALIA’S SPORTING IDENTITY The growth and development of Australia’s sporting identity.
	SURFING Learning how to surf.	EVENT MANAGEMENT How to plan and stage a major sporting event.		DEVELOPING FITNESS How do we improve our fitness profile?

Winter Snow Sports

Thredbo Ski Camp

We kick off the snow season with the annual Masada ski camp which takes place in the second week of the July school holidays. Students ski/snowboard for five days and will receive a 2 hour lesson each day.

Redlands Cup

Those students who feel they would like to compete have the opportunity with the Redlands Cup being held during the week that the school are on their trip. Both Alpine and Snowboard Grand Slalom are offered and ages range from Year 3 up to Year 12.



College Snowsports Championships

This is a competition that we stage ourselves and from this we determine our “Age Champions” both in Alpine and Snowboarding.

Interschools Snowsports Championships

The NSW Interschool Snow Sports Championships are held at Perisher. We compete in the Southern/ACT regionals. The students have the opportunity to progress through to the State Titles and subsequently to the National Championships held in Falls Creek.