

Shirley Smith High School Vision and Values

Grow with us.

At Shirley Smith High School, teaching and learning is authentic, rigorous, and designed to maximise student agency. We align deep disciplinary knowledge and excellent pedagogical practice to ensure our learners are empowered to find their purpose, fulfil their potential, and shape their own futures.

Students at Shirley Smith High School are:

Curious

brave and open minded inquirers with a desire to know and understand

Connected

inclusive young people connected to each other, connected to their community and connected to Country

Learners

creative empowered learners with boundless potential for their futures and the future of our planet

Subject Details

Subject/s:	Health and Physical Education (HPE)	Learning Area:	Eat Move Thrive
Teacher/s:	James McAuliffe, Katie Beattie, Ben Williams, Kasie Ryan	Learning Period:	Semester 1, 2026

Engagement in Learning

In order to facilitate active engagement in their learning, students are expected to:

- Arrive prepared for their lessons, equipped with a fully charged chromebook, a notebook, a pen or pencil, and any other subject-specific materials that may be necessary.
- Independently make an effort to retrieve and complete any missed assignments or coursework due to absences or extracurricular activities during their own time.
- Embrace the principles of the school's Yindymarra wellbeing framework by treading lightly. This involves taking moments to pause, authentically connecting with others, engaging in deep listening, thoughtful reflection, and considering the impact of their actions on others.

Learning and Assessment Policies

Please see the school website for policies regarding the submission of late work, extension requests for assessment tasks, and plagiarism and academic integrity.

Description of Learning

Unit overview:

Indigenous Games

Throughout the Indigenous Games topic, students will participate in multiple Australian First Nations games and explore how these games are connected to Country. Students will explore rules, equipment and scoring systems of traditional games and investigate how they support skill development, fairplay and inclusivity.

Throw & Catch 1

The Throw & Catch topic focuses specifically on the development of control and accuracy of throwing and catching in relation to different sports and the understanding of the similarities and differences of the skill in those sports. The

essential learning priority lies with the execution of the skill, not the rules and strategies of the sports. The skills and technique of throw and catch will be taught using big balls such as netballs.

Invasion 1

The Invasion topic focuses specifically on the development of offensive and defensive skills and techniques. This includes games where a ball can be carried or caught across a line. The essential learning priority lies with the execution of the skill, not the rules and strategies of the sports. The skills and technique of invasion will be taught using links to touch rugby.

Athletics

The Athletics topic focuses on the development of correct technique in the athletics events including running, jumping and throwing events. Students will participate in these events, and use teacher and peer feedback to demonstrate how movement strategies can be manipulated to improve movement outcomes.

Kicking 1

The Kicking topic focuses specifically on the development of various kicking techniques in relation to different sports and the understanding of the similarities and differences of the skill in those sports. The essential learning priority lies with the execution of the skill, not the rules and strategies of the sports. The skills and technique of kicking will be taught using soccer balls.

Health: Eat Well Live Well

The Eat Well Live Well topic focuses on planning and implementing strategies using health resources, to enhance health and wellbeing. It investigates how media and influential people impact attitudes and behaviours in relation to healthy eating and provides students with opportunities to implement strategies to increase physical activity levels to achieve health outcomes.

Unit learning outcomes:

By the end of this unit, students will demonstrate a level of achievement for the following standards:

- Selects, uses and refines strategies to support inclusion, fair play and collaboration across a range of movement contexts
- Applies and transfers movement skills and movement concepts across a range of situations
- Implements and evaluates the effectiveness of movement strategies on movement outcomes
- Analyses factors that influence identities, emotions and responses to change, and describes strategies to respond to these influences

Assessment:

Task	Approximate Due Date
- Practical Skills & Strategy	Ongoing
- Indigenous Games Task	20/02/2026
- Athletics Task	02/04/2026
- Eat Well Live Well Food label Task	5/06/2026
- Eat Well Live Well Fitness Circuit Task	5/06/2026

Learning Experiences

Throughout the unit, students may have the opportunity to engage in the following learning experiences:

Incursions/Excursions - Swimming Carnival excursion. Athletics Carnival Excursion
Competitions - Interschool Sport competitions (specific events TBC)