29th January, 2014

Dear Parents/Caregivers,

Year 10 PDHPE Learning Contract and Subject Information

During 2014 your daughter will be taking the Board of Studies developed course, Personal Development, Health and Physical Education. This is a compulsory course taught from Year 7-10. It is an integral part of their School Certificate. Students who wish to develop their interests and talents in this area, may choose to study additional courses in Years 11 and/or 12.

The course addresses a wide range of personal and community health issues such as well-being, nutrition, safety, sex education, fitness, HIV/AIDS, drug use, stress and child protection. Topics of this nature are important issues facing society today and will be taught in a manner which supports the role of parents and reflects the ideals of the school.

Laptops must be used in the manner outlined in the Laptop Agreement and used to complete school work when in the classroom. It is an expectation that laptops are brought to all lessons, as part of the required equipment for PDHPE theory lessons.

Occasionally, health products, from reputable companies, which support the educational content of our course, may be given to our students. We do not promote the use of these products but they are given to students to complement specific units of work.

Students regularly view G and PG rated DVDs, which are appropriate, educational and interesting and support the unit content. Departmental guidelines encourage parental permission for the viewing of G and PG rated DVDs at school. An excerpt from “Clueless” will be viewed in Year 10. Parents/Caregivers are advised that they have the right to choose the exclusion of their daughter from viewing such material. Please ensure you sign the appropriate section of this note and/or comment.

The Year 10 units of work to be completed over the course of this year can be found on the attached PDHPE Assessment Policy.

The School Assessment Policy will be distributed by the Head Teacher Administration.

We generally use the facilities available within the school grounds, however some practical classes will be held at nearby Cheltenham Oval and/or Booth Park, when further space is required. Students will walk to these venues and will be actively supervised by the PDHPE faculty teachers.

If you would like further information about PDHPE please do not hesitate to contact your daughter’s class teacher on the above number. A copy of the PDHPE Uniform Policy is on the back of this letter.

Please read and sign the bottom of the Assessment Policy as receipt of this letter and the students understanding of the school Assessment Policy.

Yours sincerely,

A Harriman
Head Teacher PDHPE

S Bridge
Principal
CHELTENHAM GIRLS’ HIGH SCHOOL  
PDHPE - PRACTICAL LESSON UNIFORM POLICY

All students are expected to bring a change of clothing for practical lessons. This change of clothing will consist of:

<table>
<thead>
<tr>
<th><strong>SUMMER UNIFORM</strong></th>
<th><strong>WINTER UNIFORM</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Light blue polo shirt</td>
<td>Light blue polo shirt</td>
</tr>
<tr>
<td>Maroon shorts</td>
<td>Maroon track pants / shorts</td>
</tr>
<tr>
<td>Light blue socks</td>
<td>Light blue socks (no stockings are to be worn under shorts)</td>
</tr>
<tr>
<td>Supportive sports shoes (plain in colour)</td>
<td>Supportive sports shoes (plain in colour)</td>
</tr>
<tr>
<td>Cap or hat (compulsory)</td>
<td>School jumper</td>
</tr>
<tr>
<td>Hair must be tied back for all lessons</td>
<td>Cap or hat (compulsory)</td>
</tr>
<tr>
<td></td>
<td>Hair must be tied back for all lessons</td>
</tr>
</tbody>
</table>

- If this clothing is not available and the circumstances are explained in a note from the parent or guardian, alternative clothing may be worn.
- All students are encouraged to wear deodorant.
- It is an expectation that students wear a hat and sunscreen for outdoor lessons.
- The roll will be marked and records kept on uniform each lesson.
- If a student does not bring a change of clothing, she will still participate in the lesson whenever practical and safe. “NC” (not changed) will be noted next to her name in the roll. If the circumstances are extenuating e.g. recent enrolment, this rule may be relaxed at the discretion of the class teacher.
- A student who has been marked “NC” three times in one term will be issued with a lunchtime detention notice. A notice will be sent home informing the parents/guardians of the need to wear correct uniform and seeking their help in ensuring the problem is rectified. Any student who is again without correct uniform after a notice has been sent home will be referred to Ms Harriman, Head Teacher PDHPE.

**CHANGING PROCEDURE**

- Students are to enter the change rooms upon arrival for practical lessons. Teachers will be present at the change rooms while students are changing.
- After changing, students move out of the change room area, place valuables in the lockers provided and move to their designated roll marking area. Students should remain seated in this area until their teacher marks the roll.
- Students are to give notes explaining illness, injury or uniform to the teacher when the roll is marked. This information will be recorded in the roll.
- At the end of the lesson students are to change back into the school uniform and return to their class’s designated area until dismissed by their teacher.
Cheltenham Girls High School
PDHPE Faculty Assessment Policy and
Learning Contract for Stage 5, Year 10 students

Goals

The study of PDHPE at Cheltenham Girls High School requires students to participate positively in class and to progress towards the achievement of the course outcomes.

You are expected to:
1. Complete assigned tasks and set work, including homework.
2. Attend all lessons and be punctual to class.
3. Bring all required equipment to each lesson.
4. Catch up on missed work if you have been absent from school or class.
5. Do your best and make a serious effort in all work.
6. Undertake all practical activities with a safe work approach.
7. Wear school PE uniform and correct footwear at all times when participating in practical lessons.
8. Ensure that all assessment tasks are submitted on time.
9. Work co-operatively with teachers and peers.
10. Comply with the School's Code of Conduct.

Units of work studied – Year 10

Students will study the following units over the year. Classes will complete different units at different times due to sharing of facilities. Teachers of each class will explain what units they will be participating in to the respective classes.

<table>
<thead>
<tr>
<th>TYPE</th>
<th>UNIT</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theory</td>
<td>Healthy Heads- Mental Health and Resiliency</td>
<td>Students learn about mental health issues, affecting young people, and influences on a person’s ability to behave safely.</td>
</tr>
<tr>
<td>Theory</td>
<td>Safer Celebrations- Harm Minimisation unit</td>
<td>Students learn about developing safe strategies for various life situations.</td>
</tr>
<tr>
<td>Practical</td>
<td>Elements of Composition. Movement Skill and Performance- Dance, Gymnastics or Games unit</td>
<td>Students will compose, perform and appraise movement using the elements of composition.</td>
</tr>
<tr>
<td>Theory</td>
<td>Lifelong Physical Activity</td>
<td>Students will investigate behaviours and trends relating to participation in sport, as well as the many roles played by sports administrators and sports strategists in influencing patterns of participation in sport and physical activity.</td>
</tr>
<tr>
<td>Practical</td>
<td>Oz Tag- Practical Skills unit</td>
<td>Students will learn the skills and game play of Oz Tag.</td>
</tr>
</tbody>
</table>
## Assessment schedule for 2014

<table>
<thead>
<tr>
<th>TASK</th>
<th>Approx Time frame</th>
<th>Task</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Week 10, Term 1</td>
<td>Healthy Heads: Research Task</td>
<td>20%</td>
</tr>
<tr>
<td>2</td>
<td>Week 10-1, Term 1</td>
<td>Oz Tag: Skills Assessment</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>Sem 1</td>
<td></td>
<td>40%</td>
</tr>
<tr>
<td>3</td>
<td>Week 9, Term 2</td>
<td>Elements of Composition: Open Choice Composition Task</td>
<td>20%</td>
</tr>
<tr>
<td>4</td>
<td>Week 6, Term 3</td>
<td>Safer Celebrations: Stimulus Writing Task</td>
<td>20%</td>
</tr>
<tr>
<td>5</td>
<td>Week 3, Term 4</td>
<td>Lifelong Physical Activity: Group Task Individual Task</td>
<td>10% 10%</td>
</tr>
<tr>
<td></td>
<td>Yearly Total</td>
<td></td>
<td>100</td>
</tr>
</tbody>
</table>

### IMPORTANT NOTE:

Results for Semester 1 report will be calculated using Tasks 1-2. Yearly report will be calculated using Tasks 1 – 5. First place in Year 10 PDHPE will be based on the yearly mark.
Issues relating to the non-completion / late submission of assessment tasks

If you have/will miss a scheduled assessment task you should:

Refer to the School Certificate Assessment Policy.

Student Declaration and Parent Agreement Year 10 PDHPE

I have read, understood and agree to the responsibilities that are placed on me (the student) as outlined in this learning contract.

Student full name _______________________________ Class __________________

Teacher name _______________________________

Student signature ___________________________ date ________________

I understand the information in this letter and give permission for my daughter to participate in the above units of work and the DVD material that will be shown in relation to the unit of work.

Parent signature ___________________________ date ________________

Comment if required ________________________________________________

________________________________________________

_________________________________________________________________

_________________________________________________________________