29th January 2014

Year 7 PDHPE/SPORT Learning Contract and Subject Information

Dear Parents/Caregivers,

During 2014, your daughter will be taking the Board of Studies developed course, Personal Development, Health and Physical Education. This course will be studied each year from year 7 to 10, after which 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, growth and development, fitness, HIV/AIDS, drug use, stress management and child protection. Topics covered in PDHPE are essential for young people to study in order to support their physical, social and emotional development. All areas of study are taught in a manner which supports the role of parents.

On occasion, health products, which support the educational content of our course, may be given to our students. We do not promote the use of these products; however, they are given to students to complement specific units of work. These specific units of work relate to personal development.

Occasionally, students 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. Parents/Caregivers are advised that they have the right to exclude their daughter from viewing such material. Please ensure you sign the appropriate section of this note and/or comment to notify us of your consent.

The Year 7 units of work to be completed over the course of this year can be found on the attached PDHPE Assessment Policy.

Year 7 also participate in an Integrated Sport Program. Integrated sport is non-representative and courses are delivered by our Cheltenham PDHPE staff. The course focuses on developing students’ fundamental movement skills in a supportive and challenging environment. Our Integrated Sport Program will include the following units of study in 2014:

- Fitness
- Jump Rope
- Sport Aerobics
- Athletics
- Basketball Skills
- Cricket
- Tee Ball
- Ultimate Frisbee/ Softcrosse
- Aboriginal Dance and Games
- Chelty Champs
A compulsory Swim School occurs in Term 4 for five consecutive days. The cost will be approximately $80. More information will be sent home at a later date. Year 7 also attend a compulsory Sports Skills Day which will be held in Term 2. More information will be sent home soon in relation to this day.

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 their PDHPE teachers.

If you would like further information about PDHPE/Sport please do not hesitate to contact your daughter’s class teacher on the school number. A copy of the PDHPE/ Sport 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 your daughter’s understanding of the School Assessment Policy.

Yours sincerely,

A Harriman
Head Teacher PDHPE

S Bridge
Principal
Cheltenham Girls’ High School
PDHPE and SPORT Uniform Policy

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

<table>
<thead>
<tr>
<th>SUMMER UNIFORM</th>
<th>WINTER UNIFORM</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>
</tbody>
</table>

- If this clothing is not available and the circumstances are explained in a note from the parent or guardian, alternative clothing should be worn.
- All students are encouraged to use deodorant
- Students must wear a cap (preferably school hat) and sunscreen during 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.
Goals

The study of PDHPE at Cheltenham Girls High School requires students to participate positively in class and make constructive efforts to achieve the outlined 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.
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>Connecting Myself</td>
<td>Students learn about a sense of self, connectedness, interpersonal communication, caring and respectful relationships and positive interaction with others.</td>
</tr>
<tr>
<td>Practical</td>
<td>Get Skilled, Get Moving</td>
<td>Fundamental skill development. Running, catching, kicking and throwing and striking skills.</td>
</tr>
<tr>
<td>Theory</td>
<td>Adolescence and Change</td>
<td>Students learn about changes that occur during puberty and adolescence and ways of coping with associated challenges, as well as basic information about sexual health.</td>
</tr>
<tr>
<td>Practical</td>
<td>Invent a Game</td>
<td>Students consolidate game sense skills through innovative games.</td>
</tr>
<tr>
<td>Practical</td>
<td>On the Move/Dance</td>
<td>Preparation of a class dance for a performance held during Term 3.</td>
</tr>
<tr>
<td>Theory</td>
<td>Improving My Health</td>
<td>Students learn about the nature of health, factors that affect health, drug use, accessing health information and services, components of a balanced lifestyle and the benefits of physical activity.</td>
</tr>
<tr>
<td>Theory</td>
<td>Risky Business</td>
<td>Students learn about managing risk, personal safety and strategies to minimize harm.</td>
</tr>
</tbody>
</table>
### Assessment schedule for 2014

<table>
<thead>
<tr>
<th>Task No.</th>
<th>Approx. Time Frame</th>
<th>Task</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Week 4, Term 1</td>
<td>Connecting Myself: “Who am I” Computer Task</td>
<td>15%</td>
</tr>
<tr>
<td></td>
<td>Weeks 4-5, Term 1</td>
<td>Connecting Myself: Individual Presentation</td>
<td>5%</td>
</tr>
<tr>
<td>2</td>
<td>Weeks 10-11, Term 1</td>
<td>Get Skilled, Get Moving: Individual Skills Assessment</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Semester 1 Total</strong></td>
<td></td>
<td></td>
<td><strong>40%</strong></td>
</tr>
<tr>
<td>3</td>
<td>Week 9, Term 2</td>
<td>Adolescence and Change: Topic Test</td>
<td>20%</td>
</tr>
<tr>
<td>4</td>
<td>Week 7, Term 3</td>
<td>On The Move: Practical assessment  (10% Individual) (10% Group Task)</td>
<td>20%</td>
</tr>
<tr>
<td>5</td>
<td>Week 10, Term 3</td>
<td>Improving My Health: Research and brochure design</td>
<td>20%</td>
</tr>
<tr>
<td><strong>Yearly Total</strong></td>
<td></td>
<td></td>
<td><strong>/100</strong></td>
</tr>
</tbody>
</table>

**PLEASE NOTE**

Results for Semester 1 report will be calculated using tasks completed in Semester 1 (Task 1-2).

Results for the Yearly report will be calculated using all tasks completed (1-5). That is Semester 1 tasks to total 40% and Semester 2 tasks to total 60% =100%

First place in Year 7 PDHPE will be calculated by adding the Semester 1 and Semester 2 total marks.
**Issues relating to the non-completion / late submission of assessment tasks**

**NOTE**

1. Computer or printer failure or malfunction cannot be taken as an acceptable reason for failure to submit an assessment task on time. It is the student’s responsibility to save her work frequently and back it up to both hard drive and disk regularly. If failure occurs, the student must submit their last printed hard copy as evidence of work completed. If the assignment is to be submitted on disk, the last saved copy is to be submitted. If students have a portable storage device they can bring it to school and print in the library on the due date.
2. If a student is absent on the day of a task, or the day the task is due to be handed in, the student must supply a parent explanation note or a doctor’s certificate to their class teacher AND roll teacher on her first day back at school.
3. The student MUST hand in every task even if it is late.
4. Late tasks (without good reason) will be penalised **10%**, of the total mark, per day late.
5. The student must keep a back up copy of any hand-in task until it has been returned to her after marking.

**Missed Assessment Task Policy**

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

- Give prior notice to your class teacher of the absence (whenever possible) and arrange an alternative time to complete the task **OR**
- Complete the task immediately upon your return to class, with an explanatory note from your parent or caregiver to the class teacher.

---Cut off here---

**Student Declaration and Parent Support Agreement for Year 7 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
__________________________________________________________________________
__________________________________________________________________________