



12 February 2020

Stage 2 Personal development, health and physical education information for parents

This year, students in Stage 2 will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). This subject aims to enable students to develop the knowledge, understanding, skills and attitudes required to lead and promote healthy, safe and active lives. It supports students to become empowered, self-confident and socially responsible citizens. The school program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong.

Our school's PDHPE program covers a wide range of education matter including personal identity, emotions, how bodies grow and change, building and maintaining relationships, health, safety, wellbeing, movement skills, interpersonal skills, resilience and the benefits of physical activity. The school recognises the sensitive nature of these topics and teaches within the context of a developmentally appropriate program that also supports the role of parents and caregivers, and reflects the ethos of the school community.

For more information on the PDHPE syllabus go to the NESA website:

<https://educationstandards.nsw.edu.au>

Students will engage in the following units in 2020:

Term 1

- This is me!
- I Can Play in Different Ways
- Individual, Group and Team Physical Activities

Term 3

- Promoting Health
- Decision making is key
- Initiative/ challenge physical activities

Term 2

- This is Me!
- A Hop, Skip and a Jump
- Fundamental Movement Skills Through Athletics

Term 4

- Promoting health
- Movers for life
- Lifelong physical activity

PDHPE will be delivered once a week throughout the course of the year. If you wish to discuss any aspect of PDHPE or you would prefer you child not participate in a program please inform the child's teacher by Friday 28 February 2020.

Bert Lo Campo
Principal

Katherine Meiring
Assistant Principal