COURSE NAME: Integrated Learning: Health

Course Location: Prospect

Pathway:

This course is designed to give students experiences in a range of recreational and physical activities that examine a number of health related topics such as diet and healthy lifestyles. This aims to support students to make more informed choices for community living and broaden options for post school transition.

Program Description:

Students investigate the role of physical activity, nutrition and other aspects of wellbeing in maintaining a healthy lifestyle and sense of wellness. Students will undertake journeys to different recreational venues. There is a 5 week block of aquatics with a special focus on Work Health and Safety. Each student will maintain a healthy eating and exercise diary, are involved in group discussions of the benefits of each activity, complete a journal and examine a number of contemporary health issues, such as benefits and issues related to various activities and food in our diet. They will consider the range of issues, topics and experiences to present information and reflection on their learning and future choices.

SACE Credits: 10  Stage 1: 10  Semester(s): Semester 1, repeated semester 2

Delivery Day: Wednesdays  Time: 9.30am – 2.30pm

Program commencement dates: Week 2, Term 1  2020 / Week 1, Term 3  2020

Special Requirements: Appropriate clothing for aquatics/outdoor activities, basic stationery items as requested by the teacher. LearnLink details are essential so students can gain access to the internet.

Course Costs: Pre-loaded Metro Card for public transport travel, any low cost entrance fees will be negotiated ahead of time.

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