

21 January 2026

### JUNIOR HPE COURSE REQUIREMENTS – HIGH RISK ACTIVITIES

Dear Parent/Carer

Health and Physical Education is a compulsory part of the Australian Curriculum. Throughout this semester your child will be participating in a range of physical activities, including those categorised by the Department of Education as 'high-risk'. Through their enrolment process, parents/carers have agreed to their students' full participation in all activities in the HSHS curriculum, including high-risk activities.

Specifically, the high-risk activities included in the HPE core curriculum include:

1. Those activities that are based in and around **high-risk areas**.
  - a. The school **swimming pool** is the main high-risk area junior HPE students will be engaged in various units to be studied revolve around the participation in water safety and aquatic activities.
  - b. The school **weight training facility** is another high-risk area which your student may be involved in physical activity throughout the year.
2. Those activities that utilise **high-risk equipment**.
  - a. Resistance training equipment (such as free weights, weight machines).
  - b. Track and field equipment (such as discuses, javelins and shot puts).
3. Those activities that involve **high-risk movements**.
  - a. Swimming, Fosbury flop, certain resistance training movements, as well as skills in full contact or stick sports (such as hockey), are examples of these situations. Please note that core HPE does not include any skills where full contact is required. Students involved in extra-curricular activities or the Rugby League Academy will complete separate permission forms related to their involvement in these activities.

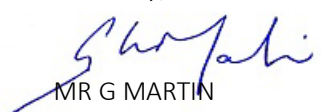
Regardless of the activity or situation, extensive risk management processes, including hazard identification, risk mitigation and staff training as well as staff and student induction to responding to emergency situations are in place to minimise the chance of injury. Nevertheless, please be reminded that injuries still occur despite this as removal of all risk is impossible.

Regardless of the activity, students are required to be well prepared. This includes having a drink bottle, hat and ideally personal sunscreen for any outdoor activities as well as a towel and swimwear for their active involvement in the school pool. Swimming caps are also recommended for those with long hair.


Participation is crucial to your child's achievement level in all school subjects, including HPE. For this reason, it is essential for students to engage in all physical activities conducted in the Core HPE program, including those in the pool. If a student is for some reason unable to participate on a particular day, it is essential for a parent/carers to supply a note explaining this non-participation. It is anticipated that your child will miss very few lessons due to illness. If your child has a long-term medical condition which will prevent them from participating in HPE activities, a medical certificate must be provided to the school. Students not participating will be given alternative work to complete and depending on circumstances, this may compromise their result.

If you have any queries or concerns, please contact your child's HPE teacher.

Sincerely,



MR G MARTIN  
HEAD OF DEPARTMENT  
HEALTH & PHYSICAL EDUCATION



MR C FORKNALL  
DEPUTY PRINCIPAL