



18 February 2026

Welcome to Health & Physical Education at Harristown Term 1 Overview (Years 7–9)

Dear Parent/Carer,

Health and Physical Education at Harristown SHS is well underway. Our HPE team is committed to supporting your child's success across all areas of the subject — academic achievement, effort and behaviour, engagement in physical activity, and positive relationships with peers and teachers. We value your support in helping your child reach their full potential.

This term, students will engage in units aligned with the Australian Curriculum and school priorities. Regular participation, attendance, and timely submission of assessment are essential for success. We welcome ongoing communication with families to support student learning and wellbeing.

Year 7 HPE

Area	Overview
Theory Focus	Identity, values and resilience; transitioning to high school.
Practical Activities	Aesthetic activities, water safety, minor games, cross country.
Assessment	Workbook and extended written reflection; practical strategies, participation, effort and teamwork.
Equipment	Notebook, sports uniform, togs & towel, sports shoes, water bottle, hat, sunscreen.

Year 8 HPE

Area	Overview
Theory Focus	Adolescent years: puberty, reproductive health, consent, contraception & STIs.
Practical Activities	Invasion games, aquatics, cross country.
Assessment	Letter to Year 5 self and in-class booklet; practical strategies, participation, effort and teamwork.
Equipment	Writing materials, sports uniform, togs & towel, sports shoes, water bottle, hat, sunscreen.

Year 9 HPE

Area	Overview
Theory Focus	Body image, media influences, youth wellbeing, positive health strategies.
Practical Activities	Striking games including cricket and softball.
Assessment	Workbook and folio project with extended responses; practical strategies, participation, effort and teamwork.
Equipment	Notebook, sports uniform, sports shoes, water bottle, hat, sunscreen.

Important Information (All Year Levels)

- Participation in practical activities — including pool sessions — is required for students to achieve success in HPE.
- Students may be invited to Hawk Intervention Sessions (HIT) in Week 8 to support learning and maximise success.
- Homework is limited; unfinished classwork may be completed at home.
- High-risk activity facilities, activities and movements are common in HPE. An SMS has been sent for more info re these.

If you have any questions regarding your student's involvement in HPE, get in touch at HPE@harristownshs.eq.edu.au.

Sincerely,

Glen Martin
HOD – HPE

Craig Forknall
Deputy Principal