



O'CONNOR CATHOLIC COLLEGE

Armidale

PDHPE at O'Connor

Dear Sir/Madam,

Welcome to the Personal Development, Health and Physical Education Department at O'Connor Catholic College. Years 7-10 PDHPE is a compulsory part of your child's education. Our Department aims to develop the knowledge, understanding, skills and attitudes needed to take action to protect and enhance your child's, and others' health, safety and wellbeing in varied and changing contexts that they may experience in life. Physical Education is fundamental to the acquisition of movement skills and concepts to enable students to participate in a range of physical activities – confidently, competently and creatively.

To ensure a smooth transition into a new academic year, our Department has put together some useful information for both you and your child.

For all PDHPE lessons that state OVAL as the classroom on Compass, your child has a practical PDHPE lesson where they will need to wear their correct sports uniform for the entire school day.

The correct compulsory O'Connor sports uniform consists of:

- OCC Polo Shirt
- OCC Shorts
- OCC Track pants
- OCC Tracksuit top
- OCC Hat or cap
- Plain white or black socks (No logos)
- Joggers (Supportive athletics shoes - no Converse, no skate style shoes, Vans etc)

Mobile or digital devices are not required for practical lessons (unless requested by the teacher) and these devices are to remain in student bags. All students will need a charged device, exercise book, student diary and a well equipped pencil case for all theory lessons.

If you have any questions or concerns in relation to this document or anything PDHPE related, please feel free to contact the College, your child's PDHPE teacher or myself.

Yours Faithfully

Camilla Clydsdale
PDHPE Leader of Learning
Personal Development, Health and Physical Education Department
O'Connor Catholic College Armidale



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Dear Sir/Madam,

Over the course of the next academic year your child will be studying a variety of topics in PDHPE at the College. Some of the units we explore are sensitive in nature and we would like to inform you about the content we will explore this year.

Year 7

Who Am I? (Identity)

Turning Around a Put Down (Bullying)

Risky Business (Risk Taking & Safety)

Year 8

Fit for Life (Fitness and Healthy Lifestyles)

Did you know (Sexting and Drug Use)

Mind, Body, Spirit (Mental Health)

Year 9

The Network (Accessing Health Support)

Eat, Sleep, Train, Repeat (Nutrition and Lifelong Physical Activity)

RUOK (Mental Health)

Staying Alive (First Aid and Personal Safety)

Year 10

Respect (Respectful Relationships, misuse of power, domestic violence)

Be Street Smart (Road Safety)

The Party (Drugs and Alcohol)

The Next Chapter (Managing Change and Challenges)

If you have any questions or concerns around the content delivered in the PDHPE Department please feel free to contact the College and your child's PDHPE Teacher. To access the full PDHPE Syllabus in greater detail please visit the NESA website at:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe/pdhpe-k-10-2018>

Yours Faithfully
Camilla Clydsdale

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