



INTEGRITY



MANAAKITANGA



EXCELLENCE

COURSE OUTLINE - 2025

Course: Year 9 Health and Physical Education	Code: 9HPE	LPF: Stage 1	Contact: Ben Taylor
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Course information

9HPE offers

→ Goals

- ◆ In the Year 9 Health and Physical Education programme at this top New Zealand secondary school, students are expected to achieve Movement Mastery by demonstrating sophisticated and adaptable skills, critically analysing biomechanics, and providing insightful peer feedback. Their Conceptual Knowledge will extend to linking holistic well-being models like Hauora, understanding complex interrelationships impacting health, and strategically promoting safe and inclusive physical activity. Through Active Citizenship and Social Responsibility, students will exhibit exemplary leadership, advocate for equity and social justice in physical activity. Finally, Analysis and Reflection will involve evaluation of performance, reflection on their learning journey, and critical analysis of health issues to promote positive solutions in their life.

→ To be successful in this course, you should:

- ◆ To succeed in this Year 9 Health and Physical Education course, students must be highly engaged and proactive, consistently giving their best effort in all physical activities while intentionally refining skills through self-reflection and seeking feedback. Success depends on the understanding of each health unit and moving beyond memorization to critically analysing issues and connecting knowledge. Students will succeed by being responsible and collaborative, fostering positive group dynamics, demonstrating exemplary leadership, advocating for equity, and applying their learning to real-world contexts through thoughtful self-assessment and strategic reflection for continuous personal and community growth.

→ Recommended prior learning

Note

→ Assessment in Years 9 - 11

All courses in Years 9 -11 are assessed using the Wellington College Learning Progressions Framework (LPF). There will be ongoing formative assessment, called 'checkpoints'. You will also be evaluated after each phase of learning, and your Learning Progression will be posted on the portal.

See [our school website](#) for more information about assessment and reporting in Years 9 - 11.

→ Resources and equipment required

Wellington College junior PE gear, laptop for course and checkpoint work and a proactive and positive mindset to learning.

Assessment

You will be assessed on tasks based on;

Topic	Content	Assessment Type	Dates
Run Scoring	A student in the run-scoring phase will be able to learn new movement skills like agility and evasion, as well as fundamental motor skills such as throwing, catching, and striking a ball with control and coordination. The student will also experience making sound decisions, effectively reads the game, identifies	Fundamentals of movement mastery Active Citizenship and Social responsibility	Term 1 wk6-11

	scoring opportunities, and remains adaptable and composed in high-pressure game situations.		
Me, Myself and Hauora	An introduction to socially, spiritual and mental/emotional wellbeing	Conceptual knowledge	Term 1 wk2-6
Keeping safe - Alcohol	Guiding students through research on alcohol, exploring the broad influences, consequences, and strategies aimed at promoting responsible drinking and mitigating harm.	Active Citizenship and Social responsibility Conceptual knowledge	Term 1 wk 8 wk11
Invent- a - game	Students to develop your knowledge and understanding of minor games. Student will develop understanding of interpersonal skills and how to work effectively as a team to reach a common goal	Fundamentals of movement mastery Active Citizenship and Social responsibility Conceptual knowledge Analysis and reflection	Term 1 wk1-9
Healthy relationships	Students will begin the Healthy Relationships unit in Health and Physical Education. This is designed to support students in developing essential life skills around respect, safety, identity, and wellbeing.	Active Citizenship and Social responsibility	Term 2 and 3 wk4-wk4
Invasion games	Ākonga will participate in invasion game based sporting contexts to develop and utilise appropriate verbal and non-verbal communication skills, to encourage self and peers. Ākonga will demonstrate self-direction, strong skills and the motivation to improve and develop self and others.	Fundamentals of movement mastery Active Citizenship and Social responsibility	Term 2 and 3 wks8-5
Healthy active lifestyles	Help students to examine their Nutritional Habits, making judgements on how their current behaviours are impacting your ability to lead a Healthy Active Lifestyle. In addition, they will need to justify potential changes to your Nutritional Habits that could help to enhance their hauora.	Fundamentals of movement mastery Active Citizenship and Social responsibility Conceptual knowledge Analysis and reflection	Term 3 and 4 wk6 to wk7
Water safety	Students will be able to apply a risk management approach to staying safe in, on and around water - Specifically in regard to beaches, rivers, lakes and pools.	Fundamentals of movement mastery Active Citizenship and Social responsibility Conceptual knowledge Analysis and reflection	Term 3 wk4 -9
Gymnastics	Students will develop confidence and competency in balance and tumbling activities while developing a basic understanding of balance and rotation principles. And understanding safety practices for such activities.	Fundamentals of movement mastery Active Citizenship and Social responsibility	Term 4 wk1-3
Athletics	Students will gain a basic understanding of a Run Jump and Throw Athletic Event they will gain an understanding of Some core Biomechanical Principles	Fundamentals of movement mastery Active Citizenship and Social responsibility	Term 4 wk4-7

(note this is subject to change)

Term 1

Term 2

Term 3

Term 4

Week 1		Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Practical	Gymnastics				Athletics				
Theory	Healthy Active Lifestyles		Water Safety/Risk Management						