YEAR 11 Course Overview
Physical and Health Education 2026-27

Course Aims

The aims of Physical and Health Education are to encourage and enable students to:

- Use inquiry to explore physical and health education concepts
- Participate effectively in a variety of contexts
- Understand the value of physical activity
- Achieve and maintain a healthy lifestyle
- Collaborate and communicate effectively
- Build positive relationships and demonstrate social responsibility
- Reflect on their learning experiences.

Y11 PHYSICAL AND HEALTH EDUCATION			
Unit of work	**Criterion**	**Length**	**Assessment Overview**
Fit for Life It	A C	8 Lessons	Applying exercise science into personal goal and exercise program, analysis and evaluation of own program. Ability to discuss the rationale of changes during the course. Demonstration of personal growth through application of the plan. (A)(C)
Climb It	C	8 Lessons	Demonstration of safety procedures, awareness and consideration of others, personal growth and interpersonal skills. (C).
Coach It	A B C	8 Lessons	Knowledge and application of the TFGU framework in planning and delivery of a coaching session (A). Performance of skills, tactics and strategies, use of information of the selected game (B).
Rescue It	B	8 Lessons	Application and performance of aquatic lifesaving concepts and physical skills in a practical scenario (B)

Teaching and learning materials

The learning in each unit of work is covered in the 'Student Outline' available on Schoology and the course overview website. Assignments, resources, formative and summative assessment grades and feedback will be available through Schoology.

When should I change for PHE?

Students are required to arrive at school in their school uniform. Therefore, students are expected to change into their PHE kit before their PHE lesson. An expectation is that students are changed and at their PHE venue at the start of their lesson. Students will be given 10 minutes at the end of class to change back into regular school uniforms. Showers are available.

Healthy Habits

PHE lessons often involve intense and sustained physical exercise. The students are encouraged to consume sufficient carbohydrates and protein beforehand and to be hydrated before the lesson commences. A named water bottle with a minimum volume of 750ml is compulsory.

Before a PHE lesson

Place your school bag, laptop and any valuables into your locker. Bring only your PHE kit bag to PHE (unless otherwise advised). Your PHE kit bag will include;

- CIS PHE t-shirt and shorts, sturdy trainers (no basketball boots or black school shoes)
- Swimsuit/ swim shorts/ swim cap/ goggles (for aquatic units)
- Spare underwear and socks
- Towel
- Hat (optional when outside)
- Named water bottle (750ml+)
- Wet bag (reusable nylon roll style recommended)
- Deodorant

In cooler weather, the CIS hoody or CIS tracksuit can be worn.

Please do not bring valuable items such as smartphones, smartwatches or wallets to PHE lessons. These should be safely put away in your locker before you get changed.

Arriving at PHE

PHE lessons will start on time;

- Change into your PHE kit in the changing rooms (new block 0,1,2,3/F) or swimming pool. Do not change in the toilets.

- Students who have class on the field may choose to change in changing rooms on the field or old block (2,3/F) and exit through the MOONGATE to gain access to the field.
- Hang your clothes on the pegs provided in the changing rooms or fold your clothes into your bag.
- Remove all jewellery and accessories
- Long hair must be tied back and clear of your eyes.

At the end of the lesson

You will be given time to;

- Change after PHE (showering is recommended on humid and hot days)
- Change into your school uniform.
- Place wet and sweaty gear into your wet bag.
- Leave the changing room tidy.
- You will have time to return to your locker and prepare for the next class.

Please note: Students with PHE in period 4 can leave CIS wearing their PHE kit.

Personal Organisation and Self Management

Students will be taught and encouraged to be well-prepared for PHE. This will include packing a PHE Kit bag the night before class, meeting home learning deadlines and preparing meaningfully to participate in physical activity, i.e., food intake, sleep and hydration.

Injury/ Illness

We do understand that there are occasions when students have minor injuries/illnesses, and we will consider these when modifying instruction for them. However, our policy is that if a student is healthy enough to be in school, it is expected that they can participate in the PHE lesson at a safe capacity.

The only exception to this rule is if a student has an extenuating circumstance accompanied by a doctor's note or an email from a parent. If this is the case, please contact your child's PHE teacher and the school nurse before the class so that they can plan for this. Under these circumstances, a student is expected to be changed and ready to participate (in all lessons), as meaningful participation and engagement are always possible with the right attitude. If the student is undergoing a rehabilitation program, the school athletic trainer, Mr Chandler Kurtz can be reached for additional support.

PHE Uniform Policy

If you forget your PHE kit, your first job is to inform your teacher when you arrive at your lesson. For repeated incidents of forgotten uniforms, the following procedures may be used by the teacher: follow-up support, PowerSchool log entries and parental contact, and Friday reflections.

Coursework and Assessment:

Late submission of student work will be reflected in Learning Skills/ATLs and report comments. Ongoing concerns about missed deadlines and other indications of time management issues will be communicated directly to students and parents and logged in PowerSchool. Advisors and HOYs can then identify trends across subjects and arrange for appropriate support to be put in place.

CIS Academic Honesty Policy

Teachers of Year 11 PHE

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