

MANDATORY PDHPE

Students start the course by investigating what it means to be a student at NSG, stereotypes and expectations. Throughout Stage 4 students are introduced to holistic health concepts and examine factors that influence their health and wellbeing. Topics covered include nutrition, body image, cyber safety, bullying, risk taking, sense of self and identity, supporting themselves and others, lifelong health and physical activity, puberty and sexuality, managing stress and relationships. In practical classes, the girls participate in a variety of physical activities and receive feedback to improve their fundamental movement skills and develop specialised movement technique in fitness, athletics, gymnastics, dance and aquatics. They explore how to collaborate, communicate, solve problems and include others in a range of traditional team sports and modified games.

