



# Health and Physical Education

At St James', the Health and Physical Education (HPE) department supports students to develop strong fundamental movement skills, continually improve and take advantage of opportunities to excel, while building the knowledge and confidence to stay active and maintain a healthy lifestyle as members of the community.



# Vision Statement and Goals

## Vision

Our students' experiences within Physical Education at St James' will ignite a passion to remain healthy and active in body and mind while striving to achieve personal best.



Our Health & Physical Education team promotes health and wellbeing through engaging, inclusive and purposeful learning. We are committed to growth, continuous improvement and personal excellence. Through best practice, we aim to inspire confidence, resilience, and lifelong healthy habits.

**Patrick Squire**

Head of Health & Physical Education

## Department Goals



### Challenge, Differentiation and Progression

We engage students with appropriately challenging and differentiated activities that support continuous growth and skill development.



### Critical Thinking

Promotion of soft skills within Health, PE and OE. Critical thinking resilience, collaboration and communication.



### Exposure and Experience

Exposure to a wide breadth of sports, games and activities to encourage students to find their own joy in physical activity for life.



### Participation

We foster an environment where every student participates with confidence and enthusiasm, regardless of ability.



### Volleyball Specialist Program (VSP)

Continued progression of the Volleyball Specialist Program with students accessing State Representation, Australian Volleyball Schools Cup and high achievement in WACE Practical Assessment.

## LIGHTHOUSE

- |                   |                    |
|-------------------|--------------------|
| <b>Leadership</b> | <b>Honesty</b>     |
| <b>Inclusive</b>  | <b>Ownership</b>   |
| <b>Growth</b>     | <b>Unity</b>       |
| <b>Healthy</b>    | <b>Success</b>     |
| <b>Tradition</b>  | <b>Empowerment</b> |



## Future Pathways

- |                                       |                                           |
|---------------------------------------|-------------------------------------------|
| TAFE fitness and sport courses        | Exercise science & sports science degrees |
| Recreation and community sport roles  | Physiotherapy & rehabilitation studies    |
| Outdoor education pathways            | Teaching (Health & Physical Education)    |
| Defence, police or emergency services | Sport coaching & development              |
| Entry-level fitness industry roles    | Health and human movement courses         |