Health and Physical Education

Health and Physical Education teaches students how to enhance their own and others’ health, safety, wellbeing and physical activity participation in varied and changing contexts.

The Health and Physical Education learning area has strong foundations in scientific fields such as physiology, nutrition, biomechanics and psychology which inform what we understand about healthy, safe and active choices.

Core HPE (Years 8, 9 and 10) is informed by these sciences and offers students an experiential curriculum that is contemporary, relevant, challenging, enjoyable and physically active.

The Surfing Excellence Program is offered to students in Year 8, Year 9 and Year 10 through an application process.

The Senior Physical Education curriculum offers students not only Board Physical Education, but the opportunity to study Certificate II in Allied Health Assistance, Certificate II in Outdoor Recreation and Certificate III in Sports and Recreation, with the successful completion of any of these subjects contribution points to the student's QCE Learning Account.

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