The Personal Development, Health & Physical Education (PDHPE) faculty at Canobolas Rural Technology High School provides all students with enjoyable, relevant and purposeful learning opportunities. Our vision is to develop the knowledge, understanding, skills and attitudes important for students to take positive action to protect and enhance their own and others’ health, safety and wellbeing in varied and changing contexts.

Our Faculty provides a broad range of inclusive opportunities for students to participate in both inside and outside the classroom. There are many opportunities students can be involved in take pride in such as; school and Western representative sport, community events, CKC Cup, Dance Eisteddfods, Schools Spectacular, Premier’s Sporting Challenge, Ski Trip, Get Active Day, and our CHPA program. Students can join teams to play Cricket, Basketball, Football, Rugby League, Touch, Hockey, Soccer, Softball, Netball and Volleyball. We also run annual competitions in Athletics, Swimming and have the opportunity to compete in Cross-Country. We have a new gym facility with fitness and strength and conditioning opportunities for students. The learning experiences in PDHPE provide students with a foundation to actively contribute to, and advocate for, the health, safety and wellbeing of themselves and others in the community and beyond school.

Throughout years 7-10, students at Canobolas High School study PDHPE. This is a mandatory course. Students also have the opportunity to choose different electives and also study PDHPE subjects throughout their senior years. These elective subjects include:

- PASS- Physical Activity and Sports Studies (Years 8, 9 and 10)
- Gymdancstics (Year 8)
- Dance (Years 9-12)
- SLR- Sports, Lifestyle and Recreation (Years 11 and 12)
- CAFS- Community and Family Studies (Years 11 and 12)
- Sports Coaching (Years 11 and 12)
- Senior PDHPE (Years 11 and 12)
The 7 – 10 PDHPE units that are being taught are as follows:

Year 7

- You Are What You Eat- Healthy Eating
- #Selfie- Sense of Self and Body Image
- Stay Alert, Don’t Get Hurt- Personal Safety
- One in All In- Physical Activity

Year 8

- Staying Alive – First Aid
- Live Strong, Live Long – Lifestyle Diseases
- Look at Me, It’s Puberty
- It’s My Body, It’s My Call” – Relationships

Year 9

- Men are From Mars, Women are From Venus- Gender and Stereotypes
- Don’t Be a Fool, Safety is Cool- Personal Safety
- Fresh and Funky- Nutrition and Movement Studies
- The Road to Success- Life Skills

Year 10

- Be a Smarty When it Comes to the Party
- Reduce the Dead Load, Be Safe on the Road – Road Safety
- Learn and Earn – Careers
- Move It Your Way Everyday – Active for the Future

The years 8 – 10 Physical Activity and Sports Studies (PASS) and elective Dance and Gym classes have continued to evolve and allow students interested in physical activity, gymnastics and dance to specialise and increase their knowledge and skills in the respective areas.

The 8-10 Physical Activity & Sports Studies (PASS) units that are being taught are as follows:

Year 8

- Nutrition
- Games and Sport

Year 9

- Body Systems & Energy for Physical Activity
- Sports Coaching
- Event Management

Year 10

- Technology, Participation and Performance
- Sports Media
- Physical Activity for Health
- Nutrition and Physical Activity
- Lifestyle, Leisure and Recreation
- Promoting Active Lifestyles
Our senior courses of preliminary and HSC PDHPE, Sport, Lifestyle and Recreation (SLR), Community and Family Studies (CAFS) and VET Sport Coaching have continued to be a success with our senior students. These courses remain popular with our student body and will continue to grow in future as our former junior PASS students graduate into the senior years.
School Sport

At Canobolas we offer a wide variety of sporting opportunities for all students. Each week students in years 7-10 participate in Stage Integrated sport for a double period. On Tuesday’s periods 3 and 4 Year 9 and 10 join together and on Thursday’s Year 7 and Year 8 have the opportunity to be physically active for two hours. The sport choices available for students are seasonal and allow the students to go off campus and explore other facilities and activities in the local community such as; Ten Pin Bowling, PCYC, Squash, Walking, Gym and Swimming.

Representative Sport

Students at Canobolas High School are provided with many opportunities to represent the school, Western Region and State in a wide variety of Sports. As a school we participate in the Western Region School Sports Association Knockout in a large number of individual and team sports, in order to progress to the state finals. This year alone we have had approximately 30 Western Representatives.
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Sport Dance

At Canobolas, we have an abundance of opportunities for dance and performance that are aimed at students of all abilities and dance experience. In previous years, students have performed at Wellington, Bathurst and Orange Eisteddfods, as well as the Schools Spectacular and other community events. Students are able to choose dance as a sporting option from Years 7-10, which currently takes place during their double sport periods each week. There are also specialised dance ensembles that take place before school and require auditions, which take place Term 1 each year.

Dance has many benefits for students including:

- **Overall Fitness:** During dance we do thorough cardio warm ups, strength exercises and stretching where all fitness levels are catered for.

- **Social Skills and Team Work:** By learning new skills and choreography, students are constantly supporting one another and working together to improve their dance abilities.

- **Confidence Building:** Students get out of their comfort zones and build their confidence for movement and performance.

- **Perseverance and the Ability to Apply Constructive Feedback:** Students work hard to gain new dance skills, pick up tricky choreography, perfect dance routines and take on constructive feedback given by the dance teacher.

- **Movement Skills that can be applied to other sports:** Agility, coordination, flexibility, power, strength and endurance and just some of the skills that dance builds.

- **Mental Functioning:** Students develop their abilities to memorise movements and problem solve through their bodies.
Elective Dance

Students have the opportunity to take dance as an elective from years 9-12. Dance provides students with opportunities to experience and enjoy dance as an art form. The course enables students to express ideas creatively and to communicate physically, verbally and in written forms as they create, perform and analyse dances and dance forms. Dance as an elective subject can be chosen by students of all abilities and includes both practical and theoretical content. The current units of work that are studied include:

**Year 9 Dance Units of Work**

Term 1: Introduction to Dance: Focusing on safe dance practice, dance technique and the elements of dance.

Term 2: Stimulus- Response: Focuses on students learning to choreograph and create their own movements with meaning and purpose.

Term 3: The Development of Ballet and Modern Dance: Here students are introduced to Ballet and Modern dance techniques as well as the history behind both styles.

Term 4: Dance in Australia and Cultural Dance: Students learn about the development of dance in Australia as well as a variety of Cultural Dances.

**Year 10 Dance Units of Work**

Term 1: Fitness for Dance- Students explore fitness and nutrition for everyday life and dance.

Term 2: Popular Dance Styles: Students are taken through popular dance styles from the 1920s to now.

Term 3: Communicating Through Dance: Students delve deeper into composition, creating purposeful movement and dance works.

Term 4: Dance on Film: Students learn about film techniques and analyse dance movies/films, whilst working to create their own.

**Stage 6- 11 & 12 Dance**

During these two years, students focus on the three strands of dance: Performance, Composition and Appreciation. They explore these strands throughout the two years in both practical and theoretical settings. They build their dance technique and performance for their HSC exams as well as their choreography skills and abilities to write about dance works of art.
Students and staff have embraced the opportunity to be involved in the NSW Premier’s Sporting Challenge. The Premier’s Sporting Challenge is a 10 week challenge that requires students to participate in and record their physical activity for each day. Physical activity isn’t just about being fit, it’s about building resilience, improving concentration, and supporting overall health and wellbeing. During this time PDHPE, PASS and Dance students will be encouraged to support each other to complete fitness events which will help to build a sense of unity and community. Staff at Canobolas Rural Technology High will also get in on the act by recording the steps they take each day over the same period of ten weeks. Awards will be given for the level of achievement each student gains.

<table>
<thead>
<tr>
<th>Award</th>
<th>Daily Activity Time</th>
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<tbody>
<tr>
<td>Bronze</td>
<td>30 minutes per day</td>
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<tr>
<td>Silver</td>
<td>45 minutes per day</td>
</tr>
<tr>
<td>Gold</td>
<td>60 minutes per day</td>
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<tr>
<td>Diamond</td>
<td>80 minutes per day</td>
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This initiative has enabled the PDHPE faculty to purchase much needed equipment for our students. The Premier's Sporting Challenge gives grants to NSW schools to purchase sporting kits. CRTHS took advantage of this by purchasing kits to either update or introduce the students to a range of physical activities and resources in PDHPE.
How to support your PDHPE student succeed in school

1. Just like the boy scouts motto – be prepared! Regularly check if your student has their right equipment for each day. Having a copy of your child’s timetable on the fridge could be of great benefit to assist with keeping track.

2. Your child’s body depends on water to survive. Every cell, tissue, and organ in your body needs water to work effectively. Dehydration leads to tiredness which leads to a reduction in concentration levels. Make sure your child takes a water bottle to school each day. There are two cold water refilling stations available on campus.

3. The recommended amount of sleep for an adolescent is 9 hours. Insufficient sleep means teens not only perform worse in the short-term, but there are long-term implications. “REM, or stage five sleep, is the time when the brain consolidates the information that’s been taken in during the day, and if kids don’t get enough of that REM sleep, they are simply not going to be able to process the information and consolidate it,” Dr Michael Carr-Gregg

4. Regular exercise improves mood and sleep, and reduces stress and anxiety. Encourage your child to moderately exercise for at least 30 minutes per day. Joining a team can improve your child’s capacity to problem solve, communicate, lead and develop a sense of connectedness – vital for wellbeing.

5. Monitor technology use – how much time is your child spending looking at a small screen? Does your child switch off their phone at sleep time? Social networking can be positive when it is done with trusted friends who are respectful but unfortunately many social networks; snap chat, twitter, Instagram and Facebook invite strangers into our lives. Consider this… would you let a stranger into your child’s bedroom?

6. Make study a habit. Habits are things that we do that we don’t release we do – they’re painless. If your child completes small amounts of study frequently it will become a habit and will improve their capacity to retain information and perform better.

7. Assessments – the majority of PDHPE assessments come with a scaffold which breaks the assessment into manageable chunks of information. Sit down with your child and plan when they will complete each chunk.

8. Sensitive topics – Many Personal Development topics of the PDHPE syllabus are sensitive in their nature; we cover topics such as; sexual health, puberty, lifestyle diseases, relationships, road and drug education. If you are concerned with topics being covered please do not hesitate to contact your child’s teacher.
Our Canobolas High Performance Athlete Program (CHPA) is designed to provide students who excel in sports, dance or athletic domains with the opportunity to:

- Further develop technical and tactical skills within their chosen sport;
- Work with industry professionals in the area of Strength and Conditioning, Exercise and Sports Science, Physiotherapy, Nutrition, Sports Psychology and Sports Coaching;
- Access state of the art exercise testing and training equipment;
- Participate in individualised sports specific strength, speed, flexibility, power and aerobic endurance programs;
- Extend and enrich themselves through experiencing elite sporting events;
- Develop and become accredited with skills officiating, coaching and/or assisting Primary School pre-elite athletes and dancers.

Students who apply for a CHPA program placement must be able to demonstrate pre-elite representative ability (higher than club or school level) in particular sport/s and demonstrate positive attitudes, highly developed work habits, and respectful and responsible behaviour.

CHPA program and scholarship applications for 2020 General student intake and Year 7 are available now. Enquiries to CHPA Director Michelle Somers via the school number or michelle.somers2@det.nsw.edu.au
For students who demonstrate pre-elite representative ability (higher than club or school level) in particular sport(s) and demonstrate positive attitudes, highly developed work habits, respectful and responsible behaviour.

CHPA students are supported by industry professionals and a school based management team.

CHPA enables students to:
- Learn specific time management and organisational skills
- Work with industry professionals in the area of Strength and Conditioning, Exercise and Sport Science, Physiotherapy, Pilates, Nutrition, Sports Psychology, Media skills and Sports Coaching
- Participate in ongoing individual strength, speed, flexibility, power and aerobic endurance programs
- Access state of the art exercise testing and training equipment in a university exercise physiology laboratory setting
- Further develop technical and tactical skills within their chosen sport
- Experience elite sporting environments and events

2020 CHPA Applications are now Open!
Find the application forms on our school website or contact the CHPA Coordinator
Michelle Somers—
michelle.somers2@det.nsw.edu.au

Working with industry professional partners and strong community links to maximise academic and physical performance
Getting the balance right for Pre-Elite Youth
Athletes and Dancers