

# HEALTHY LIFESTYLES

General subject

Physical  
Education

**Head of Department:** Wendy Pearce

## Course Outline

Are you community minded? Do you enjoy helping others? If so, this project is for you! Students will be involved in creating a community proposal that aims to encourage a healthy lifestyle amongst adolescents. Students will understand human rights and their responsibilities as global citizens, as well as participate in class ventures to assist chosen charitable organisations. This subject aims to actively engage students through practical experiences such as Australia's Biggest Morning Tea and fundraising for not for profit organisations such as the Guide Dogs QLD.

## Pathways

Year 10 Health

Year 10 Health and Physical Education

## Structure

Areas of study	Core topics
Self	Values and Virtues / Personal Health
Others	Random acts of Kindness
Community	Volunteering, Donating, Awareness of the Wider Community

## Assessment

Group Project / Assessments

Individual Volunteering

Project Class Ventures

## Specialist Equipment Required

Please refer to the Required Resources and Texts located at [www.miamishs.eq.edu.au](http://www.miamishs.eq.edu.au)

## Additional Costs

Please refer to the Fee Schedule located at [www.miamishs.eq.edu.au](http://www.miamishs.eq.edu.au)

Nil unless excursions are arranged.

