



Learning at Home

Support

HEALTH AND PHYSICAL EDUCATION (HPE)

Years
11 to 12

For parents and carers



What you will need:

In order that your young person can remain in contact with their teacher and class - a phone or internet-enabled device may be needed for this purpose. They may need access to the school's agreed means of electronic file sharing and contact information such as the teacher's e-mail address. Find out what Learning Management System or document sharing platform your young person's class will be using.

If possible, provide suitable spaces for your young person to work and move:

- Identify spaces and times where your young person can exercise. Consider indoor and outdoor options
- Identify any course related equipment that might be helpful
- Try to locate a safe daily walking, running or cycling loop.

Your young person may also need:

- clothing and footwear suitable for being active both indoors and outdoors
- access to a still or video camera – this could be on a phone
- appropriate textbooks and paper-based materials to support technology-based learning



How you can help:

Health and Physical Education (HPE) is about studying health, movement and physical activity. Learning at home provides time to focus on developing extra personal skills and physical attributes.

Encourage your young person to:

- invest time identifying course-related areas of personal interest for extra investigation
- set some HPE related personal physical, skill and study goals. Try to find areas that have both a personal development element and support the outcomes of the course of study
- research, design, plan, put in place and document a personal wellbeing program
- make connections to the work set by teachers with current issues. Explore and reflect on significant issues. Consider the implications from a health, outdoor, sport or recreation perspective

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- spend some time with you each week to discuss, explain and/or summarise the key points related to their work. This will help them to reinforce and relate their understanding of both purpose and content
- consider personal, local community, state, and global implications of the topics under study
- think about alternative ways of learning they can access from home – e.g. movies with powerful messages relating to health, outdoor, or sporting challenges and themes.
- explore the huge range of web-based material from around the world that can inspire, extend or explain most topics
- immerse in a few topics or issues which they find particularly interesting
- consider ways they might interact with their classmates to discuss and reflect on the work.

Your young person's HPE teacher will identify the units, topics and activities for them to focus on. Regular communication will be important to inform the teacher of progress and provide feedback.



Complementary activities

HPE is about understanding and managing health, wellbeing and physical activity. HPE teachers will be working hard to reflect this in their remote learning models. There are many support mechanisms in place and as a parent/carer it is important to access these. You can also encourage your young person to:

- find connections to the topics, messages or ideas from HPE classes outside of the designated learning times. Investigate sites online, choose and view related movies or TV shows; watch/listen to/read news reports; find/follow people or organisations on social media.
- undertake some form of safe physical activity every day. This could be a regular session and something you do together.
- take on or learn some new skills/challenge (e.g. the 3 ball juggle, a viral dance challenge, a 30 day plank challenge, or one of the many online home workouts). This could be something you do together.

Links to more information:

- [Learning at home](http://www.education.tas.gov.au/learning-at-home/)¹ on the Department of Education website

¹ www.education.tas.gov.au/learning-at-home/