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# YEAR 10 SUBJECTS

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## Active For Life

Active for Life examines the exercise options that are available to meet the varying fitness needs of individuals. In this subject, you will investigate what exercise means to different people and the factors that influence exercise choices. Not into competitive sport? You're not the only one – but it doesn't mean you can't be active. Rest, relaxation and re-vitalisation through recreation activity are essential to managing stress in today's busy and demanding world. You also explore the following questions: What does exercise mean to different people; what are the ways people choose to exercise for fitness; what influences people's choice of fitness activities; and how do people balance work and recreation? You will experience a range of recreational activities available within and around our community – sailing, bocce, ten pin bowling, surf life saving and much more in being active for life.

Generic skills that are considered across all the subjects in the Physical Education faculty include:

- Move with competence and confidence in a range of physical environments
- Communicate effectively using a variety of styles
- Research, select and organise information utilising a range of sources
- Interact positively within groups and teams
- Make informed decisions towards enhancing health and wellbeing
- Demonstrate the application of a range of information and communication technologies

Subject specific skills are:

- You will investigate community facilities available for health and physical fitness activities
- You will be able to discuss factors that influence participation in physical activity
- You will select suitable resources to effectively communicate

**Please Note: Refer to the Subject Cost Schedule for details of costs relevant to this program.**