

MOSMAN HIGH SCHOOL



# PDHPE



PERSONAL DEVELOPMENT, HEALTH & PHYSICAL  
EDUCATION



# PDHPE Electives



## P.A.S.S

- *Coaching*
- *Improving performance*
- *Technology and performance*
- *Body systems*
- *Participation – safety elements.*
- *Sports preparation*
- *Cross fitness*

## DANCE

- *Musical Theatre*
- *Core composition*
- *Core appreciation*
- *Core performance*
- *Dance Analysis*
- *Safe Dance*
- *Rhythm and Dance*
- *Dance and Film*



# Annual Sports

## Carnivals



- *Swimming*
- *Cross Country*
- *Athletics*



# School Sport

## 7-10 Sport

- *Weekly Sport*
- *Surfing / Surf survival*
- *Balmoral water sports*
- *Team sports*
- *Indoor rock climbing*



## KO Sport

- *Inter-school sports*
- *Soccer/Futsal*
- *Netball*
- *Basketball*
- *Tennis*
- *Touch football*
- *Table tennis*



## GAT Sport

- *Basketball*
- *Futsal*
- *Volleyball*
- *Dance*
- *Table Tennis*

