

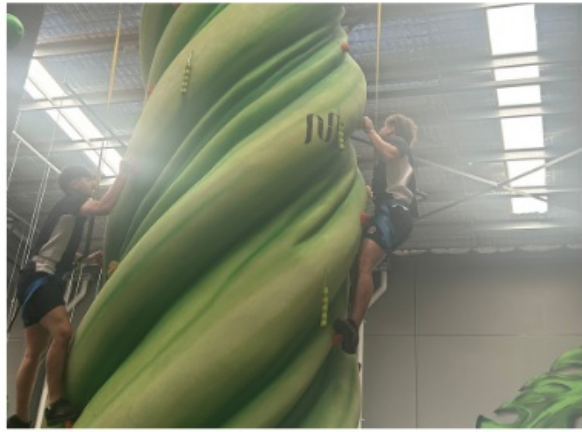


YEAR 11 PDHPE GO ROCK CLIMBING

Our Year 11 PDHPE classes thoroughly enjoyed putting their knowledge of fitness choices and the factors that affect performance topics into action!

As part of the Year 11 PDHPE Syllabus, students are exploring various fitness activities and evaluate the suitability of these activities. They are also investigating the importance of participation in fitness activities and the positive impact it plays on health and wellbeing. This week, our PDHPE students attended Turbo Climb where they were given the opportunity to participate in rock climbing as a way to practically explore this type of fitness activity.





It was a great way for our students to further extend their knowledge of the content being covered in the classroom whilst at the same experiencing new and enjoyable ways to exercise.

Irene Focas

Senior School Sports Co-ordinator