

# EDU368 Teaching Junior Secondary HPE

**School:** School of Education and Tertiary Access

2026 | Trimester 1

UniSC Sunshine Coast  
UniSC Moreton Bay

**BLENDED  
LEARNING**

Most of your course is on campus but you may be able to do some components of this course online.

*Please go to [usc.edu.au](http://usc.edu.au) for up to date information on the teaching sessions and campuses where this course is usually offered.*

## 1. What is this course about?

### 1.1. Description

This course builds capacity to navigate, interpret and implement the Australian Curriculum for Health and Physical Education for junior secondary students (Years 7 - 10). The course will enhance your knowledge and skills in utilising evidence-based pedagogy and curriculum models to inform the design of safe, inclusive and effective sequences of learning which include assessment. You will build skills in planning and teaching both health and physical education lessons in and reflect on your developing teaching practice.

### 1.2. How will this course be delivered?

ACTIVITY	HOURS	BEGINNING WEEK	FREQUENCY
<b>BLENDED LEARNING</b>			
<b>Learning materials</b> – You are required to engage and interact with asynchronous materials and activities accessed through Canvas modules, course readings and required texts.	2hrs	Week 1	9 times
<b>Tutorial/Workshop 1</b> – The workshop for this course is synchronous and involves on-campus engagement and application of learning materials. This course will also involve some participation in physical activities to explore the implementation of the Australian Curriculum for HPE.	2hrs	Week 1	10 times

### 1.3. Course Topics

- Australian Curriculum for Health and Physical Education
- Principles of constructive alignment
- Knowledge of how students learn (memory, spacing, retrieval, cognitive overload)
- Strategies for establishing challenging and achievable learning goals with students
- Teaching strategies that support acquisition of new knowledge (explicit teaching, scaffolding, modelling, worked examples)
- Teaching strategies that support application and utilisation of knowledge (rich investigative tasks, inquiry learning, independent problem solving)
- Ongoing formative (to determine prior knowledge/ misconceptions, evaluate progress and inform pedagogical planning) and summative assessment strategies, including moderation and reporting
- Embedding literacy, numeracy and ICT learning (including safe and ethical use of ICT) in HPE
- Research, theory and policy perspectives on HPE
- Safety, management protocols and risk assessment in HPE
- Aboriginal perspectives and Torres Strait Islander perspectives on HPE
- Inclusion of diverse learners

## 2. What level is this course?

300 Level (Graduate)

Demonstrating coherence and breadth or depth of knowledge and skills. Independent application of knowledge and skills in unfamiliar contexts. Meeting professional requirements and AQF descriptors for the degree. May require pre-requisites where discipline specific introductory or developing knowledge or skills is necessary. Normally undertaken in the third or fourth full-time study year of an undergraduate program.

## 3. What is the unit value of this course?

12 units

## 4. How does this course contribute to my learning?

COURSE LEARNING OUTCOMES	GRADUATE QUALITIES MAPPING	PROFESSIONAL STANDARD MAPPING *
On successful completion of this course, you should be able to...	Completing these tasks successfully will contribute to you becoming...	Australian Institute for Teaching and School Leadership
<b>1</b> Apply knowledge of the three-dimensional Australian Curriculum for Health and Physical Education and utilise evidenced based pedagogy and curriculum models to inform planning, sequencing and assessment of learning and promote health, well-being and physical activity in junior secondary years (7-10).	Knowledgeable	1.1, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 2.5, 3.1, 3.2, 3.3, 3.4, 3.6, 5.1, 5.2, 5.3, 5.4
<b>2</b> Analyse the Health and Physical Education literature to inform the planning and teaching of lessons and reflect on your teaching development.	Creative and critical thinker Empowered Engaged	2.2, 2.3, 3.1, 3.2, 3.3, 3.4, 3.6
<b>3</b> Demonstrate ethical conduct and practice in the design of safe and inclusive learning environments for junior secondary students.	Creative and critical thinker Empowered Ethical Engaged	1, 1.1, 1.2, 1.3, 1.4, 1.5, 1.6, 2, 2.1, 2.2, 2.4, 3, 3.5, 4, 4.1, 4.2, 4.3, 4.4, 4.5

### \* Competencies by Professional Body

CODE	COMPETENCY
AUSTRALIAN INSTITUTE FOR TEACHING AND SCHOOL LEADERSHIP	
1	PROFESSIONAL KNOWLEDGE: Know students and how they learn
1.1	Physical, social and intellectual development and characteristics of students: Demonstrate knowledge and understanding of physical, social and intellectual development and characteristics of students and how these may affect learning.
1.2	Understand how students learn: Demonstrate knowledge and understanding of research into how students learn and the implications for teaching.
1.3	Students with diverse linguistic, cultural, religious and socioeconomic backgrounds: Demonstrate knowledge of teaching strategies that are responsive to the learning strengths and needs of students from diverse linguistic, cultural, religious and socioeconomic backgrounds.
1.4	Strategies for teaching Aboriginal and Torres Strait Islander students: Demonstrate broad knowledge and understanding of the impact of culture, cultural identity and linguistic background on the education of students from Aboriginal and Torres Strait Islander backgrounds.
1.5	Differentiate teaching to meet the specific learning needs of students across the full range of abilities: Demonstrate knowledge and understanding of strategies for differentiating teaching to meet the specific learning needs of students across the full range of abilities.
1.6	Strategies to support full participation of students with disability: Demonstrate broad knowledge and understanding of legislative requirements and teaching strategies that support participation and learning of students with disability.

CODE	COMPETENCY
2	PROFESSIONAL KNOWLEDGE: Know the content and how to teach it
2.1	Content and teaching strategies of the teaching area: Demonstrate knowledge and understanding of the concepts, substance and structure of the content and teaching strategies of the teaching area
2.2	Content selection and organisation: Organise content into an effective learning and teaching sequence.
2.3	Curriculum, assessment and reporting: Use curriculum, assessment and reporting knowledge to design learning sequences and lesson plans.
2.4	Understand and respect Aboriginal and Torres Strait Islander people to promote reconciliation between Indigenous and non-Indigenous Australians: Demonstrate broad knowledge of, understanding of and respect for Aboriginal and Torres Strait Islander histories, cultures and languages.
2.5	Literacy and numeracy strategies: Know and understand literacy and numeracy teaching strategies and their application in teaching areas.
3	PROFESSIONAL PRACTICE: Plan for and implement effective teaching and learning
3.1	Establish challenging learning goals: Set learning goals that provide achievable challenges for students of varying abilities and characteristics.
3.2	Plan, structure and sequence learning programs: Plan lesson sequences using knowledge of student learning, content and effective teaching strategies.
3.3	Use teaching strategies: Include a range of teaching strategies.
3.4	Select and use resources: Demonstrate knowledge of a range of resources, including ICT, that engage students in their learning.
3.5	Use effective classroom communication: Demonstrate a range of verbal and non-verbal communication strategies to support student engagement
3.6	Evaluate and improve teaching programs: Demonstrate broad knowledge of strategies that can be used to evaluate teaching programs to improve student learning.
4	PROFESSIONAL PRACTICE: Create and maintain supportive and safe learning environments
4.1	Support student participation: Identify strategies to support inclusive student participation and engagement in classroom activities.
4.2	Manage classroom activities: Demonstrate the capacity to organise classroom activities and provide clear directions
4.3	Manage challenging behaviour: Demonstrate knowledge of practical approaches to manage challenging behaviour.
4.4	Maintain student safety: Describe strategies that support students' wellbeing and safety working within school and/or system, curriculum and legislative requirements.
4.5	Use ICT safely, responsibly and ethically: Demonstrate an understanding of the relevant issues and the strategies available to support the safe, responsible and ethical use of ICT in learning and teaching.
5.1	Assess student learning: Demonstrate understanding of assessment strategies, including informal and formal, diagnostic, formative and summative approaches to assess student learning.
5.2	Provide feedback to students on their learning: Demonstrate an understanding of the purpose of providing timely and appropriate feedback to students about their learning
5.3	Make consistent and comparable judgements: Demonstrate understanding of assessment moderation and its application to support consistent and comparable judgements of student learning.
5.4	Interpret student data: Demonstrate the capacity to interpret student assessment data to evaluate student learning and modify teaching practice.

## 5. Am I eligible to enrol in this course?

Refer to the [UniSC Glossary of terms](#) for definitions of “pre-requisites, co-requisites and anti-requisites”.

### 5.1. Pre-requisites

This course is only available to students enrolled in ED315.

## 5.2. Co-requisites

Not applicable

## 5.3. Anti-requisites

Not applicable

## 5.4. Specific assumed prior knowledge and skills (where applicable)

Not applicable

# 6. How am I going to be assessed?

## 6.1. Grading Scale

Standard Grading (GRD)

High Distinction (HD), Distinction (DN), Credit (CR), Pass (PS), Fail (FL).

## 6.2. Details of early feedback on progress

During tutorials in weeks 1-3 you will be provided with formative feedback on your HPE planning which relate to tasks 2 and 3. You will also complete a quiz in week 4 (Task 1) where you will receive additional formative feedback.

## 6.3. Assessment tasks

DELIVERY MODE	TASK NO.	ASSESSMENT PRODUCT	INDIVIDUAL OR GROUP	WEIGHTING %	WHAT IS THE DURATION / LENGTH?	WHEN SHOULD I SUBMIT?	WHERE SHOULD I SUBMIT IT?
All	1	Quiz/zes	Individual	20%	Quiz (30 minutes)	Week 4	Online Test (Quiz)
All	2	Written Piece	Group	30%	Max 5 pages excluding references and appendices (using lesson plan template)	Week 7	Online Submission
All	3	Creative Performance, and Written Piece	Individual	50%	1000 words	Week 10	Online Submission

### All - Assessment Task 1: Quiz

<b>GOAL:</b>	To demonstrate your knowledge and understanding of HPE curriculum, pedagogy and assessment in relation to the junior phase of secondary schooling.													
<b>PRODUCT:</b>	Quiz/zes													
<b>FORMAT:</b>	This assessment will be an online quiz. The quiz will focus on weekly online module content and tutorial content covered in weeks 1-4 including course readings. Additional information on the quiz will be provided in the tutorials and on Canvas.													
<b>CRITERIA:</b>	<table> <thead> <tr> <th>No.</th><th></th><th>Learning Outcome assessed</th></tr> </thead> <tbody> <tr> <td>1</td><td>Demonstration of knowledge and understanding of teaching and learning strategies, concepts and processes in HPE</td><td>1</td></tr> <tr> <td>2</td><td>Demonstration of knowledge and understanding of assessment strategies, concepts and processes in HPE</td><td>1</td></tr> <tr> <td>3</td><td>Demonstration of knowledge of the Australian Curriculum for HPE, Inclusion in HPE and Health Education and Health promotion in secondary schools (approaches, frameworks and theories).</td><td>1 2 3</td></tr> </tbody> </table>	No.		Learning Outcome assessed	1	Demonstration of knowledge and understanding of teaching and learning strategies, concepts and processes in HPE	1	2	Demonstration of knowledge and understanding of assessment strategies, concepts and processes in HPE	1	3	Demonstration of knowledge of the Australian Curriculum for HPE, Inclusion in HPE and Health Education and Health promotion in secondary schools (approaches, frameworks and theories).	1 2 3	
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<b>GENERIC SKILLS:</b>	Problem solving, Organisation, Applying technologies, Information literacy													

### All - Assessment Task 2: PE lesson planning

<b>GOAL:</b>	The goal of this task is for you to develop your skills in creating and practically implementing inclusive junior secondary PE lessons													
<b>PRODUCT:</b>	Written Piece													
<b>FORMAT:</b>	<p>This component of the assessment will be completed in groups of three/four. Your group will be allocated one of the four games categories and a secondary year (i.e. 7-10) and are required to plan a 70minute a practical Physical Education (PE) lesson to be delivered in an outdoor environment for a class of 24 students. Your PE lesson plan must include:</p> <ul style="list-style-type: none"> <li>• Learning goals and curriculum alignment</li> <li>• Ways you would cater for different learning needs</li> <li>• Teaching and learning activities (such as: explicit teaching, spacing and retrieval practices, modelling/worked examples, and scaffolding as appropriate), PE protocols and safety considerations</li> <li>• How you would use evidence-based assessment practices to evaluate student learning, adjust instruction, provide targeted feedback and support learning.</li> <li>• Inclusion of Aboriginal or Torres Strait Islander histories/cultures/language and reference to the general capabilities</li> </ul> <p>You are also required to plan an indoor (classroom) wet weather alternative lesson to teach the same content. This should provide the students with the same knowledge, understanding and skills as the outdoor practical lesson, activities should be modified to suit the classroom environment.</p> <p>In your allocated tutorial, your group will teach an abbreviated version (max 10-15mins) of the practical lesson that your group designed to your peers. You will be marked on your ability to present the practical lesson and reflect on the experience in Task 3. You will NOT be required to teach the wet-weather alternative lesson. You will be provided with a lesson plan template which will be provided on Canvas.</p>													
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<b>GENERIC SKILLS:</b>	Communication, Collaboration, Problem solving, Organisation													

### All - Assessment Task 3: Mini Teach and Critical reflective report

<b>GOAL:</b>	To present a component or abbreviated version of your planned lesson with your group and then individually critically analyse, evaluate and reflect on lesson planning and mini-teach experience and professional development.		
<b>PRODUCT:</b>	Creative Performance, and Written Piece		
<b>FORMAT:</b>	<p>You will present a (10-15min) abbreviated version of the lesson you planned with your group in your allocated tutorial. Then individually, you will use the feedback you received from your peers and your own perceptions to reflect on your lesson planning and your teaching experience.</p> <p>Your written personal reflection should include:</p> <ul style="list-style-type: none"> <li>• Discussion of how theory, research or pedagogical frameworks informed the design of your lessons.</li> <li>• Discussion of success of strategies and PE protocols used in your teaching.</li> <li>• Analysis of inclusive approaches and how ICT would be safely and ethically used in your teaching.</li> <li>• Evaluate how you have professionally grown as a result of this experience and what you would change in the future.</li> <li>• Reference to existing Physical Education literature and recommendations (you can use course readings in your reflection).</li> </ul> <p>Task will be written and submitted in Cadmus</p>		
<b>CRITERIA:</b>	<b>No.</b>		<b>Learning Outcome assessed</b>
	1	Application of knowledge and understanding of Health and Physical Education curriculum	1 2
	2	Critical analysis and reflection utilising relevant literature to evaluate curriculum models and recommended safe, inclusive and quality practices.	1 2 3
	3	Justification and discussion of how theory, research or pedagogical frameworks informed the design of your lessons and will inform future practice.	1 2
<b>GENERIC SKILLS:</b>	Communication, Collaboration, Problem solving, Organisation		

## 7. Directed study hours

A 12-unit course will have total of 150 learning hours which will include directed study hours (including online if required), self-directed learning and completion of assessable tasks. Student workload is calculated at 12.5 learning hours per one unit.

## 8. What resources do I need to undertake this course?

Please note: Course information, including specific information of recommended readings, learning activities, resources, weekly readings, etc. are available on the course Canvas site– Please log in as soon as possible.

### 8.1. Prescribed text(s) or course reader

Please note that you need to have regular access to the resource(s) listed below. Resources may be required or recommended.

REQUIRED?	AUTHOR	YEAR	TITLE	EDITION	PUBLISHER
Required	Judith Miller, Susan Wilson-Gahan, Robyne Garrett and John Haynes	2022	Health and Physical Education: Preparing educators for the future	(4th Edition)	Cambridge University Press

### 8.2. Specific requirements

Not applicable

## 9. How are risks managed in this course?

Health and safety risks for this course have been assessed as low. It is your responsibility to review course material, search online, discuss with lecturers and peers and understand the health and safety risks associated with your specific course of study and to familiarise yourself with the University's general health and safety principles by reviewing the [online induction training for students](#), and following the instructions of the University staff.

## 10. What administrative information is relevant to this course?

### 10.1. Assessment: Academic Integrity

Academic integrity is the ethical standard of university participation. It ensures that students graduate as a result of proving they are competent in their discipline. This is integral in maintaining the value of academic qualifications. Each industry has expectations and standards of the skills and knowledge within that discipline and these are reflected in assessment.

Academic integrity means that you do not engage in any activity that is considered to be academic fraud; including plagiarism, collusion or outsourcing any part of any assessment item to any other person. You are expected to be honest and ethical by completing all work yourself and indicating in your work which ideas and information were developed by you and which were taken from others. You cannot provide your assessment work to others. You are also expected to provide evidence of wide and critical reading, usually by using appropriate academic references.

In order to minimise incidents of academic fraud, this course may require that some of its assessment tasks, when submitted to Canvas, are electronically checked through Turnitin. This software allows for text comparisons to be made between your submitted assessment item and all other work to which Turnitin has access.

### 10.2. Assessment: Additional Requirements

#### Eligibility for Supplementary Assessment

Your eligibility for supplementary assessment in a course is dependent of the following conditions applying:

- (a) The final mark is in the percentage range 47% to 49.4%; and
- (b) The course is graded using the Standard Grading scale

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The course is graded using the Standard Grading scale

You have not failed an assessment task in the course due to academic misconduct

### 10.3. Assessment: Submission penalties

Late submissions may be penalised up to and including the following maximum percentage of the assessment task's identified value, with weekdays and weekends included in the calculation of days late:

- (a) One day: deduct 5%;
- (b) Two days: deduct 10%;
- (c) Three days: deduct 20%;
- (d) Four days: deduct 40%;
- (e) Five days: deduct 60%;
- (f) Six days: deduct 80%;
- (g) Seven days: A result of zero is awarded for the assessment task.

The following penalties will apply for a late submission for an online examination:

Less than 15 minutes: No penalty

From 15 minutes to 30 minutes: 20% penalty

More than 30 minutes: 100% penalty

### 10.4. SafeUniSC

UniSC is committed to a culture of respect and providing a safe and supportive environment for all members of our community. For immediate assistance on campus contact SafeUniSC by phone: [07 5430 1168](tel:0754301168) or using the [SafeZone](#) app. For general enquires contact the SafeUniSC team by phone [07 5456 3864](tel:0754563864) or email [safe@usc.edu.au](mailto:safe@usc.edu.au).

The SafeUniSC Specialist Service is a Student Wellbeing service that provides free and confidential support to students who may have experienced or observed behaviour that could cause fear, offence or trauma. To contact the service call [07 5430 1226](tel:0754301226) or email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au).

### 10.5. Study help

For help with course-specific advice, for example what information to include in your assessment, you should first contact your tutor, then your course coordinator, if needed.

If you require additional assistance, the Learning Advisers are trained professionals who are ready to help you develop a wide range of academic skills. Visit the [Learning Advisers](#) web page for more information, or contact Student Central for further assistance: +61 7 5430 2890 or [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au).

### 10.6. Wellbeing Services

Student Wellbeing provide free and confidential counselling on a wide range of personal, academic, social and psychological matters, to foster positive mental health and wellbeing for your academic success.

To book a confidential appointment go to [Student Hub](#), email [studentwellbeing@usc.edu.au](mailto:studentwellbeing@usc.edu.au) or call 07 5430 1226.

## 10.7. AccessAbility Services

Ability Advisers ensure equal access to all aspects of university life. If your studies are affected by a disability, learning disorder mental health issue, injury or illness, or you are a primary carer for someone with a disability or who is considered frail and aged, [AccessAbility Services](#) can provide access to appropriate reasonable adjustments and practical advice about the support and facilities available to you throughout the University.

To book a confidential appointment go to [Student Hub](#), email [AccessAbility@usc.edu.au](mailto:AccessAbility@usc.edu.au) or call 07 5430 2890.

## 10.8. Links to relevant University policy and procedures

For more information on Academic Learning & Teaching categories including:

- Assessment: Courses and Coursework Programs
- Review of Assessment and Final Grades
- Supplementary Assessment
- Central Examinations
- Deferred Examinations
- Student Conduct
- Students with a Disability

For more information, visit <https://www.usc.edu.au/explore/policies-and-procedures#academic-learning-and-teaching>

## 10.9. Student Charter

UniSC is committed to excellence in teaching, research and engagement in an environment that is inclusive, inspiring, safe and respectful. The [Student Charter](#) sets out what students can expect from the University, and what in turn is expected of students, to achieve these outcomes.

## 10.10. General Enquiries

### In person:

- **UniSC Sunshine Coast** - Student Central, Ground Floor, Building C, 90 Sippy Downs Drive, Sippy Downs
- **UniSC Moreton Bay** - Service Centre, Ground Floor, Foundation Building, Gympie Road, Petrie
- **UniSC SouthBank** - Student Central, Building A4 (SW1), 52 Merivale Street, South Brisbane
- **UniSC Gympie** - Student Central, 71 Cartwright Road, Gympie
- **UniSC Fraser Coast** - Student Central, Student Central, Building A, 161 Old Maryborough Rd, Hervey Bay
- **UniSC Caboolture** - Student Central, Level 1 Building J, Cnr Manley and Tallon Street, Caboolture

**Tel:** +61 7 5430 2890

**Email:** [studentcentral@usc.edu.au](mailto:studentcentral@usc.edu.au)