

TASC advice *Health and Physical Education* [as of 11 May 2020]

Fitness Experiences Level 1 (HPE105118)

TASC, with a focus on honouring the nature and intention of **Health and Physical Education**, also recognises the extraordinary circumstances facing learners and teachers in 2020.

TASC recognises that the application of practical experiences is typically integrated in approaches to teaching and learning during Health and Physical Education courses. In the Recreation group of courses there is a focus on physical activity, building positive lifelong wellbeing behaviours and exploring opportunities through exposure to community based centres and activities. Learning from home may require more of a focus on exploring or viewing some facilities and local options using methods that do not require onsite or group visits.

After consultation with the community of teachers of Health and Physical Education – *Fitness Experiences Level 1* (HPE10511) TASC issues the following advice.

<i>Fitness Experiences Level 1</i> (HPE105118)	
Course content and Work Requirements: Fitness activities	<p>Scenario A - Medium term Return to school environment mid/end of July</p> <p><i>Alternative approaches to teaching and learning are required to deliver course requirements. No specific 2020 considerations have been applied to this course.</i></p> <p>Course content Work Requirements Fitness activities</p> <ul style="list-style-type: none">Providers may need to adjust their scope and sequence to enable students to engage in fitness activities suitable to the home environment while necessary. Students will still be able to reflect on their experiences in their Fitness Journal. <p><i>Practical activities will need to meet the most current health and safety requirements.</i></p>