

PHYSICAL EDUCATION, HEALTH & SPORT

PE/SPORT at Keilor Downs College allows students the opportunity to participate in a range of games, sports and physical activities in order to increase their level of fitness, learn new skills and participate with others in a social context. The College not only allows students to participate in a range of team and individual sports, but also take on the role of coach or official. The content and knowledge of PE also gives students a sound base which allows them to choose PE or Health subjects through to VCE.

Activities and skills learnt in class time are then further extended as students are offered the opportunity to represent the school in their chosen sport at an interschool level. Many of our school sporting teams have reached Western Region, State and National School Finals.



KDC Students in Action!



SENIOR YEARS AND BEYOND:

Subjects offered at the VCE level include:

- Units 1, 2, 3 & 4: Physical Education
- Units 1, 2, 3, & 4: Health and Human Development
- Year 10 Certificate Program: Bike Education, First Aid, Drivers Education.
- Year 10 Advanced PE

Key Features



Key Features

EXTRA CURRICULAR ACTIVITIES:

Amongst numerous activities at Keilor Downs College, some exciting events occurring throughout the school year include:

- Year 7-9 Swimming, Athletics & Fun Run Carnivals
- Interschool Sporting Days – including students' involvement in coaching
- Afterschool and lunchtime activities – Weight Room, Fitness Club, Running Club, Table Tennis, intra-house activities.
- Pierre de Coubertin Award – Nominations at the Senior Level for students who have displayed outstanding sporting achievements whilst displaying the 'Olympic Spirit'.
- Celebrate numerous calendar weeks and celebration days eg. Health and PE week, Jersey Day, Ride2School Day. Students have the opportunity to participate in numerous activities and programs offered during the celebration weeks.
- Opportunity to join the KDC team for The Age Run Melbourne held in the city. Options of either 5km or 10km run/walk
- Recreational Excursions – eg. Lawn Bowls, Rollerblading, local fitness centres.
- Sports Leadership Program – Year 9 & 10 students can gain a general leadership qualification, followed by a sports specific coaching qualification.
- Sports Council – student representative council that focuses on promoting PE, Sport and Health and providing students with opportunities to be active.



Spinning class at Good Life fitness centre



2013 KDC Run Melbourne team



Fitness Club



2013 Sports Council promoting Jersey Day

