



CRASHING INTO POTENTIAL

Health & Physical Education

HPE 1: GOALS – Who am I and Where am I Going? (Week 1&2)

- Explore personal identity and future aspirations.
- Set personal goals and identify steps to achieve them.
- Reflect on the importance of self-awareness in personal development.

HPE 2: MAKING CHOICES – Making Choices (Week 3&4)

- Analyse the process of making healthy and informed choices.
- Reflect on factors influencing decision-making.
- Develop strategies for responsible decision-making.

HPE 3: MINDSET – Overcoming Our Fear of Failure (Week 5&6)

- Identify common fears related to failure.
- Develop strategies to overcome fear and build resilience.
- Reflect on the role of mindset in achieving personal goals.

HPE 4: PERSEVERANCE – Persistence, Perseverance, and Grit (Week 7&8)

- Understand the concepts of persistence, perseverance, and grit.
- Apply these concepts to personal and physical challenges.
- Reflect on the value of perseverance in health and wellbeing.

HPE 5: DISCUSSION – Presenting Our Destiny Manifesto (Week 9&10)

- Articulate personal visions for the future.
- Present and discuss individual destiny manifestos.
- Reflect on the process of goal setting and personal growth.