Health & Physical Education

The study of Health and Physical Education encourages students to use their interests and experiences in health and physical activity issues to explore how the dimensions of health are dynamic, interrelated and interdependent. Students develop the knowledge, skills, processes and dispositions to promote health and wellbeing, actively engage in physical activity and enhance personal development. Capabilities in health, movement and personal development can provide career opportunities.

Junior Secondary: Health & Physical Education

At Maryborough State High School, our Junior Secondary Health and Physical Education program encourages students to engage physically and critically to expand their knowledge and experience in a multitude of health and physical settings.

Our program aims to ensure that students:

- Realise health is multi-dimensional and dynamic and influenced by actions and environments.
- Understand the importance of regular active and purposeful participation in physical activity which promotes health and wellbeing and supports the achievement goals.
- Have the opportunity to participate in an Academy of Sport - Excellence in Hockey and Soccer

There are a number of Maryborough District State School Sport activities available for our students to participate in. Maryborough State High School has enjoyed success in many of these sports for a number of years and students always enjoy competing in various events throughout the year. Of particular note, Maryborough State High School teams compete in the following events annually: Queensland Futsal Competitions, Bronco’s Challenge Rugby League, Wide Bay AFL Competition, Wide Bay Hockey Carnival, Fraser Coast Rugby Union Competition, Vicky Wilson Netball Competition, Bill Turner Cup Soccer and HPV.

Hockey and Football Academy

Years 7-9 have the opportunity to be a part of this academy. This program will provide students with the opportunity to further develop their skills in their chosen sport. They will have many opportunities to participate in extra-curricular activities, development groups, overseas opportunities, coaching and officiating experiences. Students who are accepted into the academy program will remain in their normal core classes however will be extended in their area of sporting interest for HPE.