Above is a summary of the Grade 7-12 GCCC Physical Education Program which incorporates subject content from a variety of disciplines and fields of study. All units of work, in this syllabus, focus on one of the 3 Queensland Studies Authority HPE organizers, which are; health, physical activity and personal development. The GCCC Physical Education Program aims to provide students with an appropriate balance of subject matter from these three categories, embracing the concepts of integration and personalization as well as authentic learning and assessment. Christian principles will also be incorporated throughout the entirety of this course, where appropriate.

Students who select HPE in the middle school years (*7-9) will be exposed to a wide variety of sporting experiences, many of which are viable life-long activities. The Summer and Winter Sports units include a number of sporting-activities which feature prominently during these seasons, therefore providing opportunities that will appeal to a variety of tastes. Following on from the Year 8/9 composite course the Year 10 HPE program is aimed at preparing students for Senior Physical Education Syllabus, including similar practical and theoretical elements.

The GCCC Senior Physical Education Program is a composite course which operates on a year A/B format. It reflects the 2010 QSA Senior Physical Education Syllabus, incorporating units of work from Focus Area A (three) B (two) from C. Practically, there is a ‘ball-sport’ emphasis with two of the activities being ‘Direct Interceptive’ (touch football and netball), one ‘Indirect Interceptive’ (volleyball) with the Term 4 Physical Activity being ‘Performance’ based (golf). Practical learning experiences occur in authentic performance environments.

* Summer Sports = Cricket, Softball, Ultimate Frisbee
* Winter Sports = Soccer, Netball, League Tag, NFL Flag Football