SUBJECT: PHYSICAL EDUCATION

STATUS: **Authority Subject** **CODE: SPE**

COST: **TBA**

COURSE OVERVIEW:

Physical Education involves students learning in, about and through physical activity. Physical Education focuses on the complex interrelationships between motor learning, psychological and other factors that influence individual and team physical performances. The course also focuses on the wider social attitudes to and understandings of physical activity.

Learning in, about and through physical activity will enable students to acquire knowledge, skills and understandings directly and indirectly as they participate in and study physical activity. To allow students to develop as intelligent performers the thinking skills associated with the cognitive processes are part of the learning in Physical Education.

COURSE STRUCTURE

Students study four physical activities over the course with equal time and emphasis given to each activity. These could be selected from activities as diverse as basketball, soccer, judo, touch, snooker, badminton, canoeing, golf, speed skating, jazz ballet, artistic gymnastics. Subject matter is drawn from three focus areas which are:

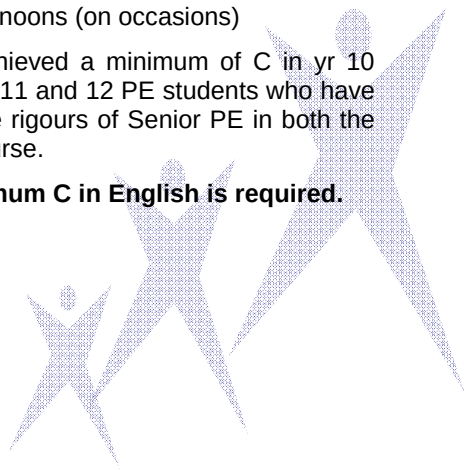
- Learning physical skills related to the activities.
- Processes and effects of training and exercise including physiology of exercise, training and program development and how these can improve team and individual performance.
- Sport, physical activity and exercise in the context of Australian society.

At least 50 per cent of timetabled time involves students engaging in physical activity. Learning experiences could include activities such as designing a training program for a team, analysing popular beliefs about physical activity and debating current sporting issues.

The focus sports for PE are: Athletics, Touch, Volleyball and Basketball.

ASSESSMENT TECHNIQUES:

A wide range of assessment techniques will be used including physical, oral and written activities. The assessment program may include such tasks as the demonstration of skills in a particular physical activity, a research report which analyses a training program for a team, or a series of interviews focusing on strategies used in a physical activity.

SPECIAL REQUIREMENTS:

- Field studies / excursions may incur additional costs.
- Possibility of early morning classes or late afternoons (on occasions)
- Students entering this course would have achieved a minimum of C in yr 10 HPE. While Yr 10 HPE is not a prerequisite Yr 11 and 12 PE students who have not studied Yr 10 HPE should be aware of the rigours of Senior PE in both the theoretical and practical components of the course.
- **To meet the theoretical components a minimum C in English is required.**