PHYSICAL EDUCATION

Authority Subject   CODE: PED

COURSE OVERVIEW
In Physical Education, physical activity serves as both a source of content and the medium for learning. Learning is based in engagement in physical activity, with students involved in closely integrated written, oral, physical and other learning experiences. Physical Education focuses on the complex interrelationships between psychological, biomechanical, physiological and sociological factors in these physical activities.

Learning in, about and through physical activity, students develop skills and understandings that allow them to contribute in an informed and critical way to varied physical activity contexts and roles. This involves high levels of cognitive functioning, using both rational and creative thought to improve individual and team physical performances.

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 currently: Athletics, Touch, Volleyball and Basketball.

ASSESSMENT TECHNIQUES
There are three major forms of assessment in Physical Education: supervised written assessments (exams), research assessments (reports, essays, multi-modal presentations) and physical performances. All written assessment tasks are closely linked to physical performances.

SPECIAL REQUIREMENTS
Students entering this course should have achieved a minimum of C in Year 10 HPE. While Year 10 HPE is not a prerequisite, Year 11 and 12 PE students who have not studied Year 10 HPE should be aware of the rigours of Senior PE in both the theoretical and practical components of the course.

To meet the written demands of the subject, a minimum C in English is required.