Year 7 PHYSICAL EDUCATION  Core Subject – Full Year

Physical Education will educate students in, through and about physical activity. Students will develop skills and tactical awareness in a range of individual and team sports and fitness activities such as athletics, softball, soccer, netball and badminton. They will have the opportunity to develop leadership skills through Sport Education cricket. They will test their fitness by using the SASI Fitness Test.

Students will be assessed in practical aspects of the course. They will be assessed through a combination of teacher observation, performance checklists and personal organisational skills.

Year 8 PHYSICAL EDUCATION  Core Subject – Full Year

Physical Education will educate students in, through and about physical activity. Students will develop skills and tactical awareness in a range of sports, outdoor challenges and fitness activities such as athletics, touch football, Australian football, basketball, badminton and table tennis. They will have the opportunity to develop leadership skills through Sport Education. They will test their fitness by using the SASI Fitness Test.

Students will be assessed in practical aspects of the course using a combination of performance checklists, teacher observation, peer assessment and personal management skills.

Year 9 PHYSICAL EDUCATION  Core Subject – Full Year

Students will continue to build upon the skills, tactical awareness and knowledge they have developed in previous years. They will learn the rules and explore tactics in activities including netball, touch football, badminton, dance and volleyball. They will have the opportunity to further develop leadership skills through Sport Education. They will test their fitness level by using the SASI Fitness Test and develop and implement a fitness program based on their fitness test results.

Students will be assessed in practical aspects of the course using a combination of performance checklists, teacher observation, peer assessment and personal management skills.
**Year 10 PHYSICAL EDUCATION  Core Subject – Half Year**

Students will further develop their skills and knowledge of physical activity by choosing from a range of individual, partner and team sports and recreational activities. They will choose from weight training, archery, tennis, cricket, softball, basketball, volleyball, badminton and soccer. Students will be assessed in practical aspects of the course. They will be assessed through a combination of performance checklists, teacher observation, peer assessment and personal management skills.

**ELECTIVE PHYSICAL EDUCATION COURSES**

**Year 9 PHYSICAL EDUCATION - Elective Subject – One Semester**

Students will further develop their skills, knowledge and tactical understanding by choosing from a variety of individual, partner and team activities such as badminton, netball, hockey, korfball, basketball, European handball and volleyball. Students will have the opportunity to gain the Level 1 General Principles of Coaching Certificate. They will explore aspects of coaching such as communication, group management, planning, fitness, safety and associated legal issues. They will implement what they have learnt by coaching junior students during Physical Education lessons. Students will be assessed through a combination of performance checklists, tests, assignments and practical activities.

**Year 10 SPORTS SCIENCE - Elective Subject – One Semester**

**PHYSICAL ACTIVITY AND PERFORMANCE**

This course is for students who enjoy physical activity and want to develop a deeper understanding of factors affecting performance. It is a good introduction for students who wish to do Senior School PE courses.

Topics will include

- Energy systems as they apply to physical activity
- Fitness principles and methods of training
- Skill learning
- Game analysis and tactical development

Students will have the opportunity to use current sports technology such as gps tracking devices, heart rate monitors and video analysis to analyse and improve their performance.

Students will also further develop their skills, knowledge and tactical understanding in a range of physical activities. There will be an emphasis on tactical awareness.

Assessment will be 40% theory – 2 lessons, and 60% practical – 3 lessons. There will be a combination of performance checklists, tests, assignments and laboratories used to assess students.
Stage 1 PHYSICAL EDUCATION - Elective Subject—One or Two Semesters (10 or 20 Credits)

Prerequisite: Year 10 Physical Education – A or B grade

Students will further develop their skills and knowledge of rules and tactics by undertaking a range of individual, partner and team physical activities such as badminton, basketball, volleyball, lawn bowls, touch football and weight training.

In Semester One students will improve their knowledge about sporting and general injuries by studying the Senior First Aid Certificate. Please note that while the school will contribute to the cost there will be a charge for students to do the Senior First Aid Certificate. They will investigate the skeletal, muscular, circulatory and respiratory systems, particularly as they apply to physical activity. They will look at the role that energy systems play in performance and what fitness components are involved in specific activities.

They will also investigate current issues related to physical activity.

In Semester Two students will investigate how to prevent and treat sports injuries. They will further develop their understanding of the principles of training and develop training programs. They will also investigate how skills are learnt and will be introduced to biomechanical principles.

The skills and knowledge developed in this course will be important preparation for Year 12 Physical Education. The course will also be of value to those who have an interest in physical activities and associated issues but do not wish to continue Physical Education in Year 12.

Assessment will be through a combination of performance checklists, tests, assignments and laboratories.

Stage 2 PHYSICAL EDUCATION – Full Year (20 Credits)

Prerequisite: An A or B grade in Year 11 Elective Physical Education is preferred. Physical Education is a Tertiary Admission Subject in which 50% of assessment is based on practical activities and 50% on theoretical aspects (including an end of year exam worth 30%). In the practical section students will have the opportunity to develop skills, tactical awareness and knowledge to a high level in badminton, basketball and kayaking.

In the theoretical section students explore the response of the body to physical activity. Areas such as fitness components, energy systems, training effects, chronic and acute responses to exercise and body systems are covered. They will look at the principles of training and training methods and develop a program based on these principles. Students will investigate factors that affect performance such as nutrition and recovery methods and study the principles of skill learning and biomechanics and how these apply to physical activity. They will investigate an issue related to Sport.

Students are assessed by a combination of performance checklists, reports, assignments, laboratories, tests, and exams.