

PHYSICAL EDUCATION

STATUS:	ELECTIVE SUBJECT	
COURSE OVERVIEW:	In Physical Education, physical activity serves as source of study. PE is not concerned with providing time for students to train, developing elite athletes or 'playing' games, but works to develop an intellectual performer. A student that studies and 'analyses' performance like a well-rounded and knowledgeable elite coach, searching for the keys to improve performance. Time is split approximately 60-40 between learning in the classroom and in the performance environment.	
COURSE OUTLINE:	TERM 1	Ethics and integrity in basketball
	TERM 2	Fitness Training Programs for Oztag
	TERM 3	Biomechanics in softball
	TERM 4	Tactical Awareness in volleyball
COURSE ASSESSMENT:	Just 30% of student results are based on physical performance, while 70% is based on written or spoken assessment tasks. Therefore, a high priority is placed in the ability to write extended research task. All assessment must be submitted electronically and significant work must be done independently to successfully complete these tasks; this includes work at home, submitting drafts and seeking teacher assistance outside of class time.	
STUDY REQUIREMENT:	<p>Ongoing reflection on class work should be undertaken weekly, and assessment items will require ongoing work across 3-4 weeks.</p> <p>30 minutes homework per night after each lesson would be a guide, with more undertaken when assessment items are being completed.</p> <p>High levels of enthusiasm and aptitude for physical activity are expected when undertaking this elective subject.</p>	
SPECIAL REQUIREMENT:	<p>Due to the high use of technology within the classroom and for assessment items, it would be recommended that students consider joining the school laptop or BYO program.</p> <ul style="list-style-type: none"> ▪ Term 4 unit will require students to leave on excursions during breaks once a week for the entire term. Students should not undertake this subject if this is not something they can commit to. ▪ Term 4 unit will require lessons of continuous swimming. Students do not have to be a great swimmer, but you do have to participate so that these skills can be developed. Students should not undertake this subject if this is not something they can commit to. ▪ Appropriate equipment/ clothing for aquatics activities is required during Term 4. 	

<p>POSSIBLE CAREER PATHWAYS:</p>	<ul style="list-style-type: none"> ▪ Sports Marketing & Sales ▪ Sport Development ▪ Physical Activity Policy Development ▪ Sport Journalism ▪ Department of Sport & Recreation 	<ul style="list-style-type: none"> ▪ Professional Sportsperson ▪ Sports Coaching ▪ Sports Psychologist ▪ Life-style Coach ▪ Fitness Instructing ▪ Personal Trainer ▪ Leisure management 	<ul style="list-style-type: none"> ▪ Medicine ▪ Physiotherapy ▪ Government Health Agencies ▪ Health Promotion ▪ Teaching
<p>PARENT/CARER SUPPORT:</p>	<p>Assist students with time management and planning to successfully complete large assessment items.</p> <p>Support students in being prepared for weekly excursions during Term 1.</p> <p>Encourage children to engage in high level physical activity or sports.</p>		