

PHYSICAL EDUCATION

STATUS:	ELECTIVE SUBJECT		
COURSE OVERVIEW:	<p>This subject extends student knowledge, processes, skills and attitudes related to:</p> <ul style="list-style-type: none"> • physical activity in Australian culture; • skill learning and the development of the performer; • analysis of performance and methods to target skill improvement; • fitness principles; and • movement skills, concepts, tactics and strategies for physical performance. 		
COURSE OUTLINE:	Physical Education units include:		
	TERM 1	Great Australian Activities – Australian sporting culture	
	TERM 2	Fitness Programs for Netball	
	TERM 3	Performance Analysis in Badminton	
	TERM 4	Functional Anatomy and Biomechanics in Vortex Games	
COURSE ASSESSMENT:	<p>50% skills, strategies and tactics within the physical activity being studied 50% written, spoken or multimodal assessment Access to a computer is essential as all assessment is undertaken and submitted electronically, no paper copies are provided. Some tasks require the ability to record and edit performances.</p>		
STUDY REQUIREMENTS:	<ul style="list-style-type: none"> • 30 minutes homework or additional study per night after each lesson would be a guide, with 2-3 hours per week required when assessment items are being completed. Assessment items will require ongoing work across 3-4 weeks. • High level ability to complete tasks independently. • Initiative and time management to complete assignment research outside of school hours. 		
SPECIAL REQUIREMENTS:	<ul style="list-style-type: none"> • Due to the high academic rigour in this subject, a B in English and core HPE would be highly recommended. • High levels of enthusiasm for physical activity; recommended participation in at least one organised sport out of school. • Due to the high use of technology within the classroom and for assessment items, it is a requirement that students are a part of the laptop BYOx program. 		
POSSIBLE CAREER PATHWAYS:	Sports Marketing & Sales Sport Physical Activity Policy Child Advocacy Development Sport Journalism Department of Nursing Physiotherapy Dentistry/ Dental Professional Sports Coaching	Sports Psychologist Life-style Coach Fitness Instructing Personal Trainer Health Promotion Leisure Management Medicine Health Agencies Hospital/ Medical Administration or Secretarial Health Promotion	Optometry Natural Health Therapies Development Counselling Social Work Roles Governm ent Sport & Recreation Teaching Assistant Sportsperson Pharmacy
PARENT/CARER SUPPORT:	<p>Monitor the completion of key assessment tasks and encourage students to seek assistance outside of class time when it is required. Ensure ongoing active engagement in physical activity lessons. Encourage children to engage in physical activity or sports away from the College.</p>		