Name of Subject: Physical Education

Stage: 1

General information: In Physical Education students gain an understanding of human functioning and physical activity, and an awareness of the community structures and practices that influence participation in physical activity. Students explore their own physical capacities and analyse performance, health, and lifestyle issues. They develop skills in communication, investigation, and the ability to apply knowledge to practical situations.

Content: In each practical, students participate in regular physical activity and practise and refine their physical skills and techniques. For some students, involvement in practicals might happen outside scheduled class time. Students should have opportunities to set and achieve personal goals and improve their personal performance. Students are required to demonstrate a sense of fair play; respect the rights of other people; and show concern for safety and the care of equipment. Topics include Anatomy, Physiology, fitness, training principles and methods, body systems, human physical performance, sports injuries and participation in physical activity.

Assessments: % 60 of grade is from Practical Activities and 40% is derived from Folio Assessments which relate to the two areas of study ‘The Nature of Physical Activity’ and ‘Issues Analysis’. Folio assessments include laboratory explorations and reports, in-class assignments, research assignments, survey work, case studies, oral presentations, audiovisual presentations, essays, tests and examinations.

Special Information:
One and half hour Exam

Prerequisites: All other subjects at Year 11 can be attempted without having done a mandatory Year 10 subject. We may not recommend it but it can be attempted.

Preferred prerequisites: Yr 10 PE is good for Yr 11 PE but not mandatory.