Name of Subject: Physical Education

Stage: 2

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: Stage 2 Physical Education consists of two key areas of study and related key concepts:
- Practical Skills and Applications
- Principles and Issues

Practical Skills and Applications
Students complete three practicals that are balanced across a range of individual, fitness, team, racket, aquatic, and outdoor activities and that cater for the different skills, interests of the students.

Principles and Issues (consists of the following three topics)
- Exercise Physiology and Physical Activity
- The Acquisition of Skills and the Biomechanics of Movement
- Issues Analysis

Assessments:
School Based Assessment:
- Personal Folio – Consisting of work in the following areas of study:
  - Exercise Physiology and Physical Activity
  - Key Concept 1: The sources of energy affecting physical performance
  - Key Concept 2: The effects of training and evaluation on physical performance
  - Key Concept 3: The specific physiological factors affecting performance
  - The Acquisition of Skills and the Biomechanics of Movement
  - Key Concept 1: Skill acquisition
  - Key Concept 2: Specific factors affecting learning
  - Key Concept 3: The effects of psychology of learning on the performance of physical skills
  - Key Concept 4: The ways in which biomechanics improve skilled performance

Special Information: This subject traditionally has included a Lightweight Bushwalking camp to St Mary’s Peak in Wilpena Pound and has an End of Year Examination. It does require some scientific study.

Prerequisites: Nil

Preferred Prerequisites: No Previous experience in Physical Education is required, however, would be of great advantage to have completed Stage One Physical Education and Stage One Biology.

A sound level of physical fitness would also be greatly beneficial.