Physical Education

Subject Code:

Stage 1: 1PHD10 or 1PHD20

Stage 2: 2PHD20

Level: Stage 1 & Stage 2

Duration:

Stage 1: Semester / Full year

Stage 2: Full Year

Prerequisite:

Stage 1:

To be eligible for Stage 1 Physical Education in Semester 2, students need to have completed Stage 1 Physical Education at a C level or higher

Stage 2:

Complete a semester of Stage 1 Physical Education at a C level or higher.

Community Connections is offered as an alternative subject for students interested in participating in recreational activities. This subject is not recognized as a Tertiary Admissions Subject, so it can't be used towards your ATAR.

Additional Cost: None

Further Enquiries:

- Please contact HPE coordinator Mr Nick Wedding
- Phone: 8647 3300

Who Is This Course For?

Stage 1:

This course is suited to students that have an interest in sport, health and fitness. They will be presented with opportunities to learn through physical activity and other integrated activities. Students will be given the opportunity to improve individual and team performance by using informed practice. Enrolling in this course will introduce students to the learning processes presented at Stage 2 and provide a foundation they can build on, for the following year.

Stage 2:

This course is for students who have an interest in sports, health and fitness, as well as factors that

influence performance improvement and skill acquirement. Students will develop skills and knowledge to independently shape personal and individual development. Students who are considering tertiary education in the areas of Exercise Physiology, Health & Fitness, Sport Science, Physiotherapy, Sport Psychology or Physical Education, will benefit from the learning outcomes this course provides.

What Will I Learn?

Stage 1:

Students develop knowledge and understanding of key concepts through their participation in physical activities such as sports, theme-based games, fitness and/or recreational activities. When constructing performance improvement tasks, students will engage in content linked to Biomechanical Principles, Human Physiology, Coaching Methods, Training Principles, Movement Concepts and Strategies. Assessment Type 2 requires students to participate in activities, to investigate how personal, social and cultural factors influence participation. Each assessment task will require students to collect and analyse evidence as they develop analytical skills needed for Stage 2 Physical Education.

Stage 2:

The key concepts associated with this course range from:

- Movement Concepts and Strategies
- Training Principles and Methods
- Skill Acquisition
- Human Physiology
- Biomechanical Principles
- Sport Psychology
- Communication and Collaborative Strategies

Students will collate and analyse data related to aspects of physical performance and make connections to the key concepts to explain changes to individual and team performance. The course provides students with the autonomy to structure their assessment tasks, which allows them to perform skills and apply concepts that align with their interests and needs.

How will I be assessed?

Stage 1:

Students will demonstrate evidence of their learning through the following assessment types:

Semester 1:

Assessment Type 1: Performance Improvement (50%)

- 1500 words or a 9 minute oral/multi-modal presentation

Assessment Type 2: Physical Activity Participation (50%)

- 1500 words or a 9 minute oral/multi-modal presentation

Semester 2:

Assessment Type 1: Performance Improvement Task A (50%)

- 1500 words or a 9 minute oral/multi-modal presentation

Assessment Type 1: Performance Improvement Task B (50%)

- 1500 words or a 9 minute oral/multi-modal presentation

Stage 2:

Students will demonstrate evidence of their learning through the following assessment types:

School Based Assessment

Assessment Type 1 (30%)

- Diagnostics Task A: 1500 words or 9 minute oral/multi-modal presentation
- Diagnostics Task B: 1500 words or 9 minute oral/multi-modal presentation

Assessment Type 2 (40%)

- Self-Improvement Portfolio: 4000 words or 24 minute oral/multi-modal presentation

External Assessment

Assessment Type 3 (30%)

- Group Dynamics Task: 2000 words or 12 minute oral/multi-modal presentation