



Highfields State
Secondary College

Semester 1 Course Overview

Faculty: Health and Physical Education
Subject: Physical Education
Year level: 10

Course Outline

Across the course of study, students will engage in a range of physical activities to develop movement sequences and movement strategies. Students optimise their engagement and performance in physical activity as they develop an understanding and appreciation of the interconnectedness of the dimensions. In becoming physically educated, students learn to see how body and movement concepts and the scientific bases of biophysical, sociocultural and psychological concepts and principles are relevant to their engagement and performance in physical activity.

Term 1	Term 2
<p>Unit 1: Biomechanics and Netball/Gridiron</p>	<p>Unit 2: Sociology of Sport (participation) and Volleyball (10 weeks)</p>
<p>Students will apply their knowledge and understanding of biomechanical principles to analyse their own performance and technique in either Netball or Gridiron. They will conduct personalised testing which will allow them to compare their performance from the start of the unit to the end of the unit. Students will recommend improvements to their technique and evaluate the effectiveness of these improvements.</p> <p>Students participate in a range of simple to complex authentic physical performance contexts to apply biomechanical principles, strategies and tactics.</p> <p>Assessment:</p> <ul style="list-style-type: none"> • Practical Performance in Netball and Gridiron • Multi modal presentation to report the findings of their biomechanical analysis 	<p>Through participation in a range of physical skills in simple to complex authentic contexts, the student will evaluate personal performance in terms of individual and team physical responses and strategies relevant to offense or defence in Volleyball. Through understanding of Figueroa’s Framework of Equity and the impact each of the levels, the student will examine their attitude/participation/enjoyment/access to volleyball, and link with other relevant sociological concepts. They will evaluate training sessions that target both skills and fitness, and decide on how effective it was to improving own participation in Volleyball. Students will also decide how team dynamics can impact on participation and equity in the class or team.</p> <p>Assessment:</p> <ul style="list-style-type: none"> • Practical Performance in Volleyball • Supervised Assessment (Part A gathering data, Part B exam essay)