PHYSICAL EDUCATION

RECOMMENDED REQUIREMENTS FOR SUCCESS:
It is highly desirable that students have completed the HPE course in Year 10 and gained a sound level of achievement (C) in practical and theoretical components of the course. Due to the equal weighting of theoretical and practical components of this subject a 'C' standard or higher in English is also recommended.

AIMS

Physical Education involves students learning in, about and through physical activity. Students will focus on the complex interrelationships between motor learning and psychological, biomechanical, physiological and sociological factors that influence individual and team physical performances, together with the wider social attitudes to and understanding of physical activity.

WORKLOAD

Student’s workload will be divided equally between theoretical content and practical activities. The theory section will be studied in a range of formats and genres from video analysis, oral presentations, and research. Practical activities will vary between four sports. To best enhance students learning and to develop intelligent performers the two areas of the subject are at all times integrated.

SUBJECT CONTENT

Senior Physical Education in based on subject matter from two components delivered through integrated and personal learning experiences from the four chosen physical activities and three focus areas.

Focus Area A: Learning physical skills
Focus Area B: Process and effects of training and exercise
Focus Area C: Equity and access to exercise, sport and physical activity in Australian society

Physical Activities include:
Orienteering, Touch Football, Netball and Badminton.

ASSESSMENT

There will be one theory and practical assessment task per term. The format will vary depending on the unit of study being undertaken. The mark given for the theory component is equally weighted to the practical mark.

COST:

The costs associated with this course are included in the Student Resource Scheme.

ADDITIONAL:

- Over the two years there will be approximately two costs of $15 for activities to be held by the University of Queensland.