Physical Education – (PED)

General senior subject

Physical Education provides a philosophical and educative framework to promote deep learning in three dimensions: about, through and in physical activity contexts. Students optimise their engagement and performance in physical activity as they develop an understanding and appreciation of the interconnectedness of these dimensions.

Students learn 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. They engage in a range of activities to develop movement sequences and movement strategies.

Students learn experientially through three stages of an inquiry approach to make connections between the scientific bases and the physical activity contexts. They recognise and explain concepts and principles about and through movement, and demonstrate and apply body and movement concepts to movement sequences and movement strategies. Through their purposeful engagement in physical activities, students gather data to analyse, synthesise and devise strategies to optimise engagement and performance. They engage in reflective decision-making as they evaluate and justify strategies to achieve a particular outcome.

Content:

<table>
<thead>
<tr>
<th>Unit 1</th>
<th>Unit 2</th>
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| Motor learning integrated with a selected physical activity.  
Formative internal assessment 1:  
Project – Folio: Touch | Sport psychology integrated with a selected physical activity (Multiple)  
Formative internal assessment 3:  
Project – Folio: Golf |
| Functional anatomy and biomechanics integrated with a selected physical activity.  
Formative internal assessment 2:  
Examination - Combination Response: Volleyball/Soccer | Equity and Physical activity (Multiple)  
Formative internal assessment 3:  
Investigation Report |
| Unit 3 | Unit 4 |
| Ethics and integrity and physical activity.  
Summative internal assessment 2:  
Investigation - Report | Energy, fitness and training and physical activity.  
Summative internal assessment 3:  
Project – Folio: Athletics |
| Tactical awareness.  
Summative internal assessment 1:  
Project — Folio – Touch | Energy, fitness and training and physical activity.  
Summative external assessment (EA):  
Examination — combination response |

Assessment:

Units 1 and 2 are devised to replicate instruments used in Units 3 and 4. Assessments in Unit 1 and 2 are formative. In Units 3 and 4 students complete four summative assessments. The results from each of the assessments are added together to provide a subject score out of 100. Students will also receive an overall exit subject result from QCAA that is A-E.

Costs:

(In addition to the Student Resource Scheme- SRS)  
$50.00 materials and consumables.

Careers:

A course of study in Physical Education can establish a basis for further education and employment in the fields of exercise science, biomechanics, the allied health professions, psychology, teaching, sport journalism, sport marketing and management, sport promotion, sport development and coaching.

Special subject requirements:

Due to the large amount of research based work and data gathering it is recommended that students are able to access the internet at home, the school library or local library and maintain sufficient storage for files. Students will be regularly videoed to provide evidence of performance capabilities.