Physical Education

Level: Stage 2

Course length: Full year

Credit value: 20 Credit points

Advice to students
No prerequisite is required. An interest and actual involvement in physical activity, recreational activities and various sports is definitely recommended as this subject has a large practical component.

Course overview
The structure of the course will be 50% practical and 50% theory.
The practical sessions will consist of three 20 hour options chosen from a list of SACE Board developed practical activities (including badminton, basketball and volleyball).
In the theory section students must undertake a 25 hour topic – Exercise Physiology, and a 15 hour topic – Skill Acquisition and Biomechanics of Movement.

Assessment
Students demonstrate evidence of their learning through the following assessment types.

School-based assessment
- Practical 50%
- Folio 20%

External assessment
- Examination 30%

Assessment of practicals will take the form of performance checklists in game situations.

Pathways
Physical Education provides a direct link with the study and vocational pathways in the areas of paramedical, health, movement sciences and recreational activities.

Further information
Students may be involved in some negotiation in determining practical activities and are able in some instances to choose self-directed or special projects. There may be a cost involved for some activities.