Subject | Stage 1 Physical Education – Semester 2
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Teacher(s) | Anne Merritt

Course Content:
Students develop physical skills, knowledge and positive attitudes towards selected physical activities. The sound base of knowledge acquired will allow students to make informed choices on issues related to their health, fitness, lifestyle and related issues in sport. Units of work studied include energy sources for physical performance, training and evaluation of physical performance and physiological factors affecting performance.

Assessment
Number of Summative Assessments for this year = 9

<table>
<thead>
<tr>
<th>Test</th>
<th>Inquiry Project</th>
<th>Research Assignment</th>
<th>E Product Assignment</th>
<th>Practical</th>
<th>Oral</th>
<th>Student workshop</th>
</tr>
</thead>
<tbody>
<tr>
<td>Directed Investigation</td>
<td>Integrated task</td>
<td>Other</td>
<td>Self- Assessment (Reflection)</td>
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</tbody>
</table>

1. INDOOR SOCCER ASSESSMENT (RUBRIC) 15%  
   - group individual
2. EUROPEAN HANDBALL ASSESSMENT (RUBRIC) 15%  
   - group individual
3. TENNIS PRACTICAL ASSESSMENT (RUBRIC) 15%  
   - group individual
4. LAWN BOWLS 15%  
   - group individual
5. ISSUES ANALYSIS ASSESSMENT (RUBRIC) 10%  
   - group individual
6. INTEGRATED TASK 1: ENERGY SOURCES FOR PHYSICAL PERFORMANCE 7%  
   - group individual
7. INTEGRATED TASK 2: TRAINING & EVALUATION OF PHYSICAL PERFORMANCE 7%  
   - group individual
8. PHYSIOLOGICAL FACTORS AFFECTING PERFORMANCE 6%  
   - group individual
9. EXAM 10%  
   - group individual

PRACTICAL LEARNING OUTCOMES
Each practical unit will be assessed using Performance Standards for Stage 1 Physical Education
- Proficiency in the performance of the physical activities with reference to specific skill criteria
- Ability to interpret specific concepts, ideas, strategies in a practical context
- Demonstration of initiative, self-reliance and leadership in practical activities
- Display interpersonal and collaborative skills in team situations

THEORY LEARNING OUTCOMES
- Students critically analyse and evaluate a current sporting issue relevant to local, regional, national or global communalities
- Students evaluate, and demonstrate knowledge and understanding of energy sources, training and evaluation, and the physiological factors affecting performance as it relates to physical activity.
- Use information from different sources, with appropriate acknowledgement.
- Students evaluate the relevance of principles and concepts in a given situation.