### Subject
Year 10 Physical Education – Specialist Volleyball

### Teacher(s)
Mark Nielsen

### Course Content

Students will acquire, apply and evaluate their volleyball skills, knowledge and game sense. They will participate in practical volleyball activities to an advanced level, develop coaching skills and leadership through peer and student coaching and enhance their understanding of fitness and training principles through practical and theory components. This course will develop personal, social skills and strategies that will promote positive identity, wellbeing and help students build and maintain positive relationships.

### Practical Components - 70%

Each practical unit will be assessed using the Practical Assessment Rubric which covers the following:

- Skill development and acquisition
- Knowledge of techniques, rules and game strategies
- Understanding of fitness and how it relates to volleyball and demonstration of satisfactory level in this sport
- Demonstrates positive social interactions with others in group and team situations
- Respects equipment and ensures the safety of themselves and others

### Theory Components - 30%

Theory will consist of multiple assessment tasks including the following:

- Development of Fitness Training program and Logbook
- Coaching component – complete online Level 1 coaching course, develop training plans and deliver to peers and primary students
- Analysis of skill development
- Issues Analysis

### Assessment

**PRACTICAL SKILLS:** Assessment of skill acquisition and execution of skills in training and match play. Knowledge of technique, game sense and team work. (70%)

**FOLIO:** Fitness and Coaching Component tasks throughout the semester will be submitted in a display folder. (15%)

**ISSUES ANALYSIS:** Students critically analyse and evaluate a current sporting issue relevant to local, regional, national or global communities (15%)