<table>
<thead>
<tr>
<th>Subject</th>
<th>Year 9 Physical Education (Semester 2)</th>
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<tr>
<td>Teacher(s)</td>
<td>Megan Crump &amp; Anne Merritt</td>
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### Course Content

Students will extend their knowledge and skills in a wider range of sports. Students will also explore the way the human body functions through energy systems and responses to exercise.

**Practical Components may include:**

- Hockey
- Netball
- 9-a-side Football
- Super 8 Cricket
- Touch
- Basketball
- Badminton
- Fitness testing

**Theory Components**

- Game knowledge and individual analysis/reflection (sport literate)
- Body systems
- Energy Sources for physical performance
- Acute responses to exercise
- Reasons for fitness testing
- Contribution of Energy systems for specific activities

### Assessment

**Practical Components - 70%**

Each practical unit will be assessed using our Practical Assessment Rubric which covers the following. The students will be given their rubric at the end of each of their units.

- Skill development and acquisition
- Knowledge of techniques, rules and game strategies
- Understanding of fitness and how it relates to each specific sport 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:

- Body Systems Tests
- Research based written assessments
- Analysis of skill development
- Introduction to Issues Analysis