

St George College Senior Secondary Handbook

PHYSICAL EDUCATION

LEVEL: Year 10

TIME ALLOCATION: Full Year for 2 lessons per week

The Year 10 Physical Education program offers students at all levels of interest and ability the opportunity to gain experience in new and challenging areas of physical endeavour. Students need to be able to demonstrate high levels of personal organisation and self-initiative in both the practical and theoretical components of the course.

An additional component of the Physical Education program—**Current Sports Skills**—will be offered to students through the Year 10 elective program. This course is intended for the students who have a particular interest in sports and physical education and will be a **prerequisite** to **Year 11 and 12 SACE Physical Education**.

PROGRAM AIMS:

- To encourage participation in a wide variety of sports and physical recreation activities
- To develop and demonstrate practical skills in sports and physical activities
- To apply knowledge of rules, tactics and safety considerations in a range of practical situations
- To develop and demonstrate initiative, self-reliance, leadership and cooperative skills
- To develop knowledge and skills essential to the development of healthy lifestyles

CONTENT:

- Athletics, Gymnastics, Dance
- Fitness—weight training, aerobics and conditioning
- Aquatics
- Volleyball
- Badminton
- Outdoor Education

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ASSESSMENT:

A variety of formative and summative assessment tasks, including exams, will be undertaken. Students will be encouraged to use and enhance technological skills in their assignments wherever appropriate. Assessment tasks will include:

- Oral presentations
- Essay writing
- Creative Writing
- Responses to literature
- Reading journal
- Newspaper articles