

# PHYSICAL EDUCATION



Physically educated learners develop the 21st century skills of critical and creative thinking, communication, personal and social skills, collaboration and teamwork, and ICT skills through rich and diverse learning experiences about, through and in physical activity. Physical Education fosters an appreciation of the values and knowledge within and across disciplines, and builds on students' capacities to be self-directed, work towards specific goals, develop positive behaviours and establish lifelong active engagement in a wide range of pathways beyond school.

## Units of study include:

- Motor Learning, Functional Anatomy and Biomechanics
- Sporty Psychology and Equity
- Tactical Awareness, Ethics and Integrity
- Energy, Fitness and Training

Students learn experientially through three stages of an inquiry approach to ascertain relationships between the scientific bases and the physical activity contexts. Students recognise and explain concepts and principles about and through movement, and demonstrate and

apply body and movement concepts to movement sequences and movement strategies. Through their purposeful and authentic experiences in physical activities, students gather, analyse and synthesise data to devise strategies to optimise engagement and performance. They evaluate and justify strategies about and in movement by drawing on informed, reflective decision-making.

Schools devise assessments in Year 11 for two units to suit their context, including two Project – folio assessments, one Investigation – Report assessment and one internal examination. In Year 12 students complete four summative assessments including one external examination.

## Career Opportunities:

- Sports and Exercise Science
- Sport Psychology
- Biomechanics of Sport
- Primary or Secondary Teaching
- Sports Journalism
- Sports Therapies
- Sport Marketing, promotion, and management
- Event Management
- Sports Development and Coaching

