The MAJOR aim of Physical Education is to produce students who are ‘physically educated’. It focuses on the complexity of factors that influence individual and team dynamics and performances. Students are not only required to engage in physical activity, but also to analyse and evaluate physical performance, and use problem solving strategies to improve their own technique and performance.

Contributes to OP: Yes

Assessment Outline:
Physical education involves the integration and personalisation of theoretical components with four physical activities over the two-year course. The physical activities offered are; VOLLEYBALL, TOUCH, GOLF and ATHLETICS.

Within these physical activities, students will study from three focus areas: Learning Physical Skills, Processes and Effects of Training Exercise and Socio-cultural Dimensions of Physical Activity.

Physical Education is a challenging course that requires a good command of English in order to satisfy the written and research requirements.

Career Pathways:
Physical Education is a valuable subject for students who are interested in a career in teaching or sport coaching. The learning experiences encountered will give students an excellent introduction to a number of tertiary courses, including; Human Movement Studies in teaching and exercise management, recreational studies and sports and leisure management.

Potential Activities:
Students are involved in a wide range of learning experiences, which include;

- acquisition and development of physical skills in individual and team activities
- self-evaluation through use of the video camera
- oral presentations
- research skills
- video/media resources
- development of training programs
- essay, assignment writing
- computer work

Costs:
All practical units are compulsory and correct sports uniform must be worn. There may be some associated costs for sporting activities that are not covered by the Text hire Scheme.

Student Requirements:
Students wishing to study this course should have displayed a high level of achievement, work ethic and an outstanding level of participation in Health and Physical Education in Year 10. Students will be assessed on their ability to acquire, apply and evaluate knowledge and skills through each of the four physical activities offered. Assessment will consist of written assignments, exams, orals and performance in the physical activities.