

# HEALTH & PHYSICAL EDUCATION

## PHYSICAL EDUCATION ONE SEMESTER

### ***Learning Focus***

In Year 10, Physical Education students explore health-related and skill-related physical activity through a combination of theoretical and practical units. Students learn to apply more specialised movement skills and strategies in a variety of different environments. Through practical participation in a broad scope of physical activities, students learn the importance of cooperation, leadership and fair play. Students learn of actions that could be undertaken to enhance their own and other's health and physical activity, as well as how participation in physical activity and sport influences an individual's identity. The curriculum works to develop invaluable personal and social skills in students by allowing them opportunities to demonstrate leadership, teamwork and resilience through physical education.

### Physical Education:

- Creates direct pathway into Unit 1 Physical Education and provides students with pre-knowledge needed in VCE Physical Education units
- Encourages students participate in physical activity that they can use for life
- Teaches students of the psychological benefits of engaging in physical activity
- Allows students to explore ways of engaging in physical activity that they like
- Helps students understand how physical activity is crucial in promoting lifelong health and skills
- Educates the values of respect, resilience and teamwork to prepare them students for life

### **Practical Units**

Topic 1: Volleyball

Topic 2: European Handball

Topic 3: Weight Training

Topic 4: Fitness

### **Theoretical Units:**

Topic 1: The Body Systems: Cardiovascular, Respiratory, Muscular and Skeletal systems

Topic 2: Health-Related and Skill-Related Fitness

Topic 3: Biomechanics

Topic 4: Skill Acquisition

### ***Victorian Curriculum Strands at Level 10***

The Health and Physical Education discipline is organised into two domains, each with their own strands:

- Personal, Social and Community Health
  - o Being healthy, safe and active
    - o Communicating and interacting for health and wellbeing
    - o Contributing to healthy and active communities
  - Movement and Physical Activity
    - o Moving the body
    - o Understanding movement
    - o Learning through movement

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## *Assessment*

- Written Test: Skeletal, muscular, cardiovascular and respiratory systems
- Practical Skills: Volleyball and European Handball movement skills
- Assignment: Develop a resistance training program
- Written Test: Physical activity, health, fitness and movement
- Fitness Testing: Muscular power, aerobic power, speed and agility
- Semester Exam

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## DUKE OF EDINBURGH ONE SEMESTER

### *Learning Focus*

The award is aimed at providing students with an individual challenge designed to encourage young people to develop into mature, active citizens who will positively contribute towards society. It presents a balanced, non-competitive and enjoyable program of voluntary activities which encourage personal discovery and growth, self-reliance, perseverance, responsibility and service to the community.

Excursions include:

- Two x 2-night hikes/expeditions
- Please note the above excursions will incur an additional fee of approximately \$160.00

### *Key Learning Areas*

- Planning and preparation
- First Aid
- Safety and safe practice
- Route planning and navigation
- Camp craft and accommodation
- Environmental care
- Team building and leadership
- Equipment

### *Why do the Award?*

- **Personal Attributes:** Develops determination, motivation, perseverance and resilience.
- **Engagement:** Develops self-management and community connection.
- **Communication Skills:** Develops public speaking, networking and ability to articulate ideas
- **Leadership and Teamwork** Develops thinking and action, team building, facilitation and delegation skills
- **Personal Development and Employability Skills**

### *Assessment*

- Journal of expeditions, planning and evaluation
- Group activities regarding individual contribution to planning, execution and completion
- Research Task – National Health Priority Areas and Biodiversity
- First Aid Test
- End of Semester Examination

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## SPORTS SCIENCE ONE SEMESTER

***Year 10 students must select Sports Science for entry into VCE Physical Education.  
Sports Science is a pre-requisite subject for students intending on studying VCE Physical Education Units 1 & 2.***

### ***Learning Focus***

Do you want to know how athletes can improve their physical performance?

Sports Science is a multi-disciplinary field concerned with the understanding and enhancement of human performance. It includes the knowledge, methods and applications of sub-disciplines of human movement studies (exercise physiology, biomechanics, motor control and motor development, exercise and sports psychology), as well as how they interact.

Sports scientists are trained experts who assist sports people to achieve the best possible sporting performance. They ensure that athletes are up to date with current training protocols, testing, and preparation by evaluating, researching, assessing and advising on coaching, training, competition and recovery practices in all areas and levels of sport.

Sports Science is designed to engage students in the core notion of lifelong physical activity. It explores the subject in many possible contexts.

This includes:

- Body systems and energy for physical activity
- Physical fitness and training programs
- Biomechanics and skill acquisition
- Movement skills
- Nutrition and physical activity
- Enhancing performance

Sports Science promotes the concept of learning through movement. It facilitates a range of learning experiences that provide a positive interaction with others, in both collaborative and competitive contexts.

### **Pathways:**

It is a pre-requisite that students study Sports Science in Year 10 before commencing Physical Education Units 1 and 2. Sports Science provides students with a pre-knowledge of aspects covered in Unit 1 The Human Body in Motion.

### **Practical Units**

Fitness Testing

Training Methods and Programs

Games Analysis

Laboratory report on acute responses

Laboratory report on biomechanical principles

### **Theoretical Units**

Topic 1: Body Systems and Energy for Physical Activity – Advanced body systems and energy

Topic 2: Physical Fitness – Physical fitness- Key areas of fitness – improve your performance

Topic 3: Fundamentals of movement skill development – Developing movement skill –

Biomechanics

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Topic 4: Enhancing performance –Nutrition for physical activity- Enhancing performances

## ***Victorian Curriculum Content Descriptions***

### **Body Systems and energy for physical activity**

- Structure, role and function of the skeletal system
- Types of bones and joints
- Structure, role and function of the muscular system
- Structure and function of the circulatory system
- Structure and function of the respiratory system

### **Physical Fitness**

- Health-related physical fitness
- Skill-related physical fitness
- Developing physical fitness
- Designing training programs
- Types of training
- Fitness testing

### **Fundamentals of movement skill development**

- Developing movement skills
- Biomechanics
- Skill acquisition

### **Enhancing Performance**

- Movement skills and performance
- Technique and form
- Nutrition for physical activity
- Enhancing performances

### **Assessment**

- Written Test on Body Systems and Energy for Physical Activity
- Written Test on Physical Fitness, Participation and Performance
- Written Test on Biomechanics and Skill Acquisition
- Laboratory Report on Acute Responses to Physical Activity
- Laboratory Report on a Game/Data Analysis of a Sport
- Fitness Testing and Training Program
- End of Semester Examination

# HEALTH & PHYSICAL EDUCATION

## HEALTH EDUCATION ONE SEMESTER

***Year 10 students must select Health Education for entry into  
VCE Health & Human Development***

***Health Education is a pre-requisite subject for students intending on studying  
VCE Health & Human Development Units 1 & 2***

### ***Learning Focus***

Year 10 Health Education takes a broad and multidimensional approach to defining and understanding health and wellbeing. Health Education is an introduction to VCE Health and Human Development and explores concepts covered in the VCE curriculum to develop student's health literacy and knowledge prior to their VCE journey.

In Year 10 Health Education, students participate in a range of assessment including structured questions, research tasks, multimedia presentations, extended responses and data analysis

### **Pathways**

It is a pre-requisite that students study Health Education in Year 10 before commencing Health and Human Development Units 1 and 2. Health Education provides students with a pre-knowledge of aspects covered in Unit 1 Understanding Health and Wellbeing

### **Unit 1: Focus Area**

Unit 1: Mental Health, Illness and Wellbeing

Explain a range of health and wellbeing definitions, with focus on the WHO definition and aspects of life that promote health and wellbeing and those that lead to ill-health. Explain the components of Mental Illness, including the short and long term effects of mental illness on individuals, family and society the risks of mental illness on young people wellbeing and agencies that provide information and assistance to young people suffering from Mental Illness

Unit 2: Risk Taking Behaviour

Explore and examine a range of different risk taking behaviours, including Drink Driving, Alcohol and Safe Partying. Students will investigate the short and long term effects of risk taking on individuals, family and society, the risks of certain behaviours on youth wellbeing and research recent data on chosen behaviours in relation to mortality and morbidity. Explain what is appropriate action to partake in risk taking situations and investigate agencies that provide information and assistance, including TAC, Don't turn a night out into a nightmare, National Alcohol Guidelines and National Binge Drinking Strategy

Unit 3: Nutrition and Physical Activity

Evaluate the components of a balanced healthy lifestyle, the importance of Physical Activity and Nutrition. Investigate agencies that provide information and assistance, including Food Selection Models and the Physical Activity Guidelines for Youth and explore nutrition, looking at Macro and Micronutrients and their role in promoting health and wellbeing of a young people

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## **Assessment:**

- Multimedia Presentation and Structures Questions including Data Analysis Test on Mental Illness
- Extended response on a range of different risk taking behaviours
- Structured questions on healthy lifestyle, nutrition and physical activity
- Examination