

SUBJECT:

Physical Education (Theory)



Sequence of Topics Taught



Term	Year 7	Year 8	Year 9	Year 10
<p>1</p>	<p>Water safety</p> <ul style="list-style-type: none"> - Spinal/ scenarios - Boat - Personal - Rescue <p>Fitness components and fitness test theory</p> <p>Assessment: Water safety poster.</p> <p>Water safety questions and or test.</p>	<p>Basic Anatomy</p> <ul style="list-style-type: none"> - Skeletal - Muscular - Circulatory - Respiratory <p>Volleyball rules</p> <p>Assessment: Anatomy test</p>	<p>Yr 9 Nelson Bushwalking Camp (see handout)</p> <ul style="list-style-type: none"> - Nutrition and diet - Personal fitness for camp - CPR - First Aid <p>Triathlon</p> <p>Assessment:</p> <p>Camp booklet and questions</p> <p>review and analysis of triathlon worksheet</p>	<p>No Theory class due to VCE PE at year 10.</p>
<p>2</p>	<p>Theory and YouTube clips on the rules of Gymnastics, soccer, AFL, netball.</p> <p>Design a gymnastics routine to perform for practical assessment</p> <p>Assessment:</p> <p>Skill Acquisition: Juggling project</p> <ul style="list-style-type: none"> • learning a new skill, • perceptions, • stages of learning 	<p>Theory and YouTube clips on the rules of soccer and Korfball</p> <p>Soccer SEPEP: Rules for soccer comp, role statements, Journal entries, sports report.</p> <p>Assessment:</p> <p>Issues in sport assignment:</p> <ul style="list-style-type: none"> • Gender and media coverage • Drugs • Racism • disability 	<p>Theory and YouTube clips on the rules of AFL 9's and netball 5's.</p> <p>Badminton - Elite video analysis of movement patterns, tactics and strategies to maximise performances</p> <p>Assessment:</p> <p>Assignment: Elite video analysis of movement patterns, tactics and strategies to maximise performances</p> <p>Test- AFL, Netball, Badminton,</p>	<p>Theory on setting up Ultimate SEPEP</p> <p>Wet weather: Golf theory and work on course design</p>

			Hockey rules	
3	<p>Theory and YouTube clips on the rules and techniques of athletics, basketball and softball.</p> <p>Assessment:</p> <p>Assignment: Design a website to promote a softball team and/or competition you have purchased or have taken over.</p>	<p>Theory and YouTube clips on the rules and techniques of athletics, european handball and soft-crosse.</p> <p>Assessment:</p> <p>Analysis and coaching of an athletic field event. Include technology, biomechanics and skill acquisition principles. Compare an elite performer with a novice performer. View improvements over time.</p>	<p>SEPEP theory</p> <p>Planning unit – teams, positions, draws, rules etc.</p> <p>Journals Drills, tactics, strategies</p> <p>Touch rugby theory</p> <p>Sports injuries and first aid</p> <p>Assessment:</p> <p>Assignment – improving performance in SEPEP</p> <p>Sports injuries and first aid test</p>	<p>Sports coaching/Peer teaching theory</p> <p>Expectations and the characteristics of a good lesson.</p> <p>Assessment:</p> <p>Assignment: Lesson plans</p> <p>Lesson delivery</p>
4	<p>Theory relating to SEPEP table tennis unit and journals</p> <p>Assignments on unique, extreme, dangerous sports</p> <p>Cricket theory. Rules</p> <p>Assessment:</p> <p>Table tennis SEPEP Journals.</p> <p>Assignment: unique, extreme,</p>	<p>Sports Medicine and Injuries</p> <ul style="list-style-type: none"> - Visual - Strapping - RICER - NO HARM <p>Planning a Camping Trip assignment.</p> <p>Assessment:</p> <p>Test on sports medicine</p> <p>Assignment /work sheet:</p>	<p>Personal Training program: -how to construct an 8 step fitness program? (basic components) -Participate in the fitness program</p> <p>Volleyball and baseball theory techniques and rules</p> <p>Assessment:</p> <p>Test: on volleyball and baseball.</p> <p>Assignment: Training program</p>	<p>Lab activities. select 3 from below:</p> <p>LABS</p> <ul style="list-style-type: none"> • Heart Rate • Feedback • Effects of fatigue • Projectile motion <p>Assessment:</p> <p>Assignment: 3 lab reports</p>

	dangerous sports Test on cricket theory and table tennis	Planning a Camping Trip assignment. Planning of dance routines	assignment	
--	--	--	-------------------	--