

LET  
YOUR  
*light*  
SHINE

# HEALTH & PHYSICAL EDUCATION



TENISON WOODS  
COLLEGE

# 2018

CURRICULUM  
10-12



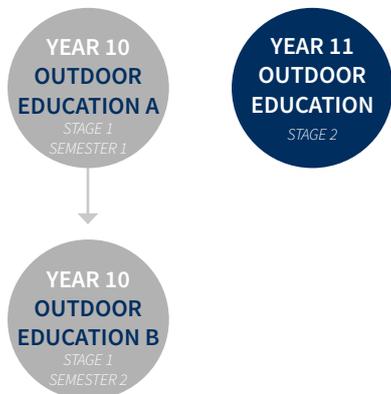
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CONTENT STRANDS: PERSONAL, SOCIAL AND COMMUNITY  
HEALTH MOVEMENT • PHYSICAL ACTIVITY

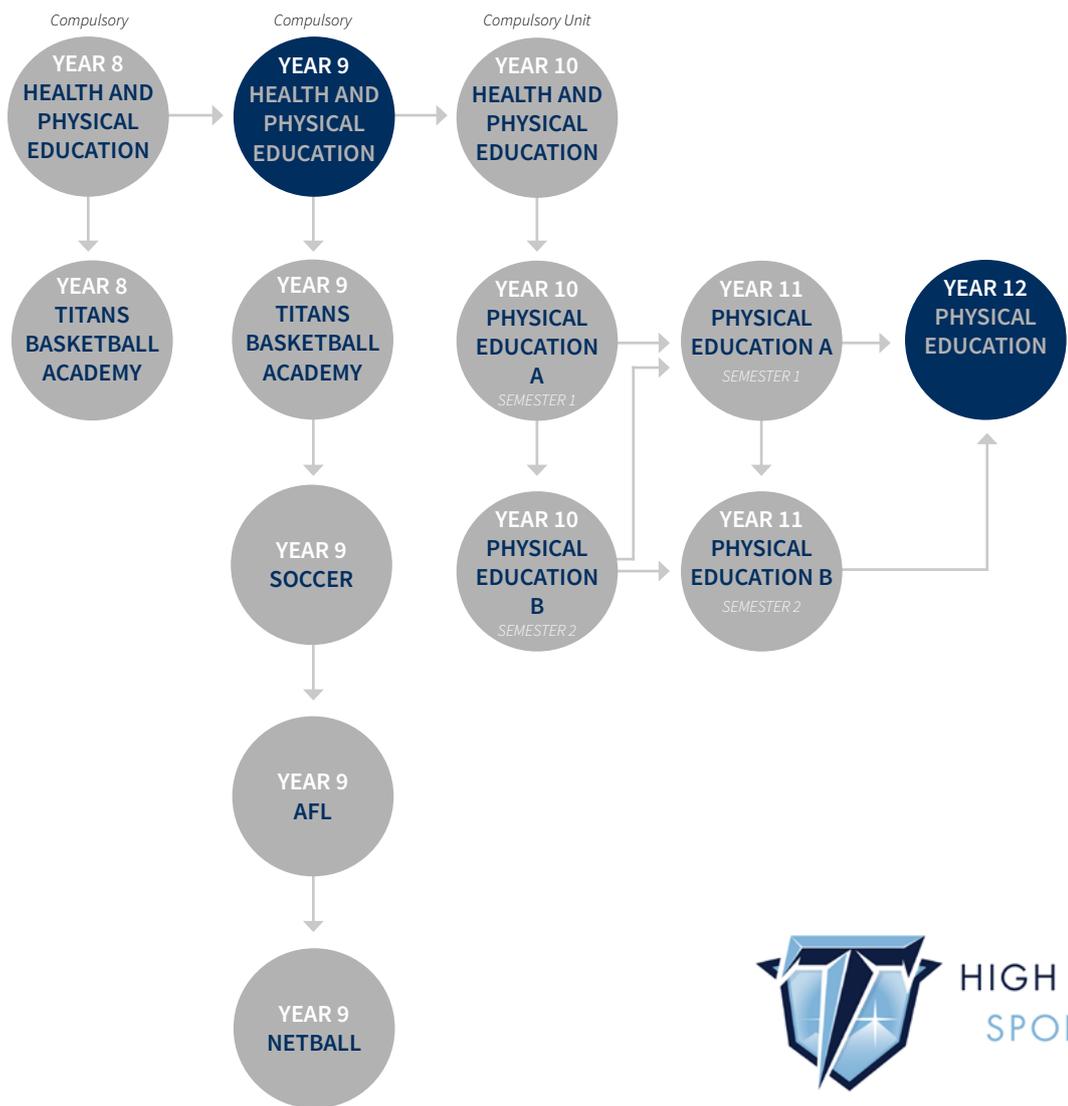
# [ HEALTH & PHYSICAL EDUCATION ]

## OUTDOOR EDUCATION PATHWAY

Stage 1 Outdoor Education is offered at YEAR 10 (Year 11 equivalent)  
 Stage 2 Outdoor Education is offered at YEAR 11 (Year 12 equivalent)



## HEALTH AND PHYSICAL EDUCATION PATHWAY



HIGH PERFORMANCE  
SPORTS PROGRAM

TITANS HIGH PERFORMANCE SPORTS PROGRAM PATHWAY  
 YEAR 8 THROUGH TO YEAR 12 SHOWN IN TITANS HPSP LEARNING AREA HANDBOOK

# [ HEALTH & PHYSICAL EDUCATION ]

## PHYSICAL EDUCATION

### YEAR 10 - CORE PHYSICAL EDUCATION

**Year Level:** 10 **SACE Credits:** N/A  
**Pathways:** Compulsory Subject  
**Prerequisites:** None  
**Length:** 1 Semester (Semester 1 or 2)  
**Special Conditions:** This is a practical subject with the possibility of students undertaking some activities off campus.

#### Course Description:

Students will be provided an opportunity to participate in a range of physical activities in a team sport or recreational context. The team sport practical units will be chosen from AFL, soccer, netball, hockey, basketball, handball and lacrosse. The recreational practical units will be chosen from dance, gym visits, ten pin bowling, lawn bowls, archery, croquet, self defence, gymnastics

and snooker. The health units will consist of developing fitness, nutrition, drug awareness, cyber safety, body image, active lifestyles, first aid and others.

#### Assessment:

Assessment in this course will consist of various practical tasks and theory assignments (including an end of semester exam), and is weighted as: Practical skills and applications (60%) and a theory component (40%).

#### Additional Information:

The practical units within this course require links to the community facilities.

**Cost:** Depending on units selected there will be costs to use the facilities within the community (approx. \$40 per semester).

### YEAR 10 PHYSICAL EDUCATION A - EXERCISE PHYSIOLOGY

**Year Level:** 10 **SACE Credits:** N/A  
**Pathways:** This subject provides an excellent grounding for students wishing to undertake Physical Education at Stage 1 and 2 levels.

**Prerequisites:** None **Length:** Semester 1  
**Special Considerations:** This is a practical subject, with the possibility of students undertaking some activities off campus (to be negotiated at the start of the semester).

#### Course Description:

Students will participate in a series of team work and fitness activities. They will be given opportunities to experience a wide variety of sport in both indoor and outdoor settings. They will have a variety of contexts, both individual and in teams.

Students will be given opportunities to learn the importance of regular activity in their physical, social, emotional and spiritual health by developing strategies to achieve good health. Fitness components, training principles and musculoskeletal topics are embedded into the practical and theory units. An exam at the end of the term will reflect the depth and breadth of understanding. Three to four practical units are negotiated from the following: Touch, volleyball, soccer, golf, softball, and lawn bowls

#### Assessment:

Assessment in this course will consist of various practical tasks and theory assignments (including an end of semester exam), and is weighted as: Practical skills and applications (60%) and a theory component (40%).

#### Additional Information:

**Cost:** Approximately \$30.00 to cover gym visits, community excursions, bus travel.

### YEAR 10 PHYSICAL EDUCATION B - SKILL ACQUISITION

**Year Level:** 10 **SACE Credits:** N/A  
**Pathways:** This subject provides an excellent grounding for students wishing to undertake Physical Education at Stage 1 and 2 levels.

**Prerequisites:** None  
**Length:** Semester 2  
**Special Considerations:** This is a practical subject, with the possibility of students undertaking some activities off campus at the local fitness centre (to be negotiated at start of semester).

#### Course Description:

Students will participate in a series of team work and fitness activities. They will be given opportunities to experience a wide variety of sport in both indoor and outdoor settings. They will have a variety of contexts, both individual and in teams. Students will be given opportunities to learn the importance of regular activity in their physical, social, emotional and spiritual health by developing strategies to achieve good health.

This is a practical subject, with students choosing 3 practical units, from badminton, netball, European handball, Gaelic football, flag football and table tennis. Theory topics which include energy systems, sports nutrition, and promotion of physical activity.

Students get the opportunity to investigate a topic of choice in their Issues Analysis with social aspects in sport. A chance to investigate, research and analyse a topic is to be negotiated with teacher. An exam at the end of the term will reflect the depth and breadth of understanding.

#### Assessment:

Assessment in this course will consist of various practical tasks and theory assignments (including an end of semester exam) and is weighted as: Practical skills and applications (60%) and a theory component (40%).

#### Additional Information:

**Cost:** Approximately \$30.00 to cover gym visits, community excursions, bus travel.

# [ HEALTH & PHYSICAL EDUCATION ]

## PHYSICAL EDUCATION

### YEAR 11 PHYSICAL EDUCATION A - EXERCISE PHYSIOLOGY

**Year Level:** 11 (Stage 1)      **SACE Credits:** 10  
**Pathway:** Stage 2 Physical Education  
**Prerequisites:** Recommend Year 10 PE  
**Length:** 1 Semester (Semester 1)

#### Course Description:

There are two main components of this subject:

**Theory:** The nature of Physical Activity: Students will study the main topic of exercise physiology. Within this, students will study musculoskeletal, cardiovascular, training principles and responses, energy systems and skeletal movement.

**Practical:** Students will complete three practical units which will include a combination of team orientated and individual practical activities. Students will be involved in the selection of the practical units.

**Assessment:** Assessment will consist of laboratories, and assignments together. The practical based assessment will include practical skills performance checklists. There will also be an exam at the completion of this unit.

**Additional Information:** This is a practical subject, with the possibility of students undertaking some activities off campus at the local fitness centre (to be negotiated at start of semester).

**Cost:** Approximately \$30.00 to cover gym visits, community excursions, bus travel.

### YEAR 11 PHYSICAL EDUCATION B - SKILL ACQUISITION AND BIOMECHANICS

**Year Level:** 11 (Stage 1)      **SACE Credits:** 10  
**Pathway:** Stage 2 Physical Education  
**Prerequisites:** None (recommend Year 10 PE)  
**Length:** 1 Semester (Semester 2)

**Special Considerations:** It is highly recommended that students planning to study Stage 2 Physical Education complete Stage 1 Physical Education A (in Semester 1) and B (in Semester 2).

#### Course Description:

There are two main components of this subject:

**Theory -** The nature of Physical Activity: Students will study the main topic of Skill Acquisition and Biomechanics. Within this component, students will study how the body acquires skills and the biomechanics of how the body moves. Students will also study physical activity trends within the community.

**Practical:** Students will complete three practical units which will include a combination of team orientated and individual practical activities. Students will be involved in the selection of the practical units.

#### Assessment:

Assessment will consist of laboratories and assignments together with an issues analysis project. The practical based assessment will include practical skills performance checklists. There will also be an exam at the completion of this unit.

#### Additional Information:

**Special Considerations:** This is a practical subject, with the possibility of students undertaking some activities off campus at the local fitness centre (to be negotiated at start of semester).

#### Cost:

Approximately \$30.00 to cover gym visits, community excursions, bus travel.

### YEAR 12 PHYSICAL EDUCATION

**Year Level:** 12 (Stage 2)      **SACE Credits:** 10 or 20  
**Prerequisites:** Recommended Pre-Study: Stage 1 Physical Education (Semesters 1 and 2)  
**Length:** 1 Semester or full year (2 sequential units)

#### Course Description:

In Stage 2 Physical Education, students gain an understanding of human functioning and physical activity and an awareness of the community structures and practices that influence participation in physical activity. Students explore their own physical capacities and analyse performance, health, and lifestyle issues. They develop skills in communication, investigation and the ability to apply knowledge to practical situations.

Stage 2 Physical Education consists of two key areas of study and related key concepts:

**Practical Skills and Applications:** Students complete at least three practicals that are balanced across a range of individual, fitness, team, racquet, aquatic and outdoor activities and that cater for the different skills and interests of the students.

**Theory:** Students will study the units of: Exercise physiology and physical activity; and, the acquisition of skills and the biomechanics of movement.

These topics study the body, its structure and how it moves.

#### Assessment:

Students demonstrate evidence of their learning through the following assessment types:

School-Based Assessment

- Folio (20%)
- Group Practical (30%)
- Individual Practical (20%)

External Assessment

- Exam (30%)

#### Cost:

The Essentials workbook (\$53).

Possible Bushwalking Camp (if selected by students) of approximately \$40.00.

# [ HEALTH & PHYSICAL EDUCATION ]

## OUTDOOR & ENVIRONMENTAL EDUCATION

Stage 1 Outdoor and Environmental Education is being offered at a Year 10 level to give students an opportunity to complete a SACE unit and prepare students for the opportunity to do Stage 2 Outdoor and Environmental Education in Year 11. Selection will be based on academic performance. It is compulsory that students have completed at least ONE Stage 1 course prior to commencing Stage 2 Outdoor Education. The theory component of this course will be linked with practical units and will concentrate on the technical and safety aspects of the major expeditions.

### STAGE 1 OUTDOOR & ENVIRONMENTAL EDUCATION A

**Year Level:** 10 or 11 (Stage 1)  
**SACE Credits:** 10  
**Pathways:** Stage 2 Outdoor Education  
**Prerequisites:** None  
**Length:** 1 Semester (Semester 1)

#### Course Description:

In Term 1 students will focus on developing their knowledge and attitude surrounding safe surfing, culminating in a three-day Surf Camp at Warrnambool or Cape Bridgewater. Theory lessons on minimal impact camping, food and menu planning, surf safety, dangerous conditions and rescue procedures will be covered.

In Term 2, students will focus on the preparation for their second expedition at Mount Arapiles, Victoria. Theory lessons include environmental factors, sustainable practices in the outdoors, risk assessment, and first aid. The three-day base camp at Mount Arapiles will provide unique opportunities to develop knowledge and practical skills with bouldering, rock climbing and abseiling.

#### Assessment:

Assessment in this course will consist of various practical tasks

(60%) relating to camp performance. Assessment includes surfing ability, leadership & group roles, camp craft, planning, risk management and M.I.C techniques, rock climbing ability, bouldering ability, belaying and abseiling ability. Theory assignments and components (40%) include a comprehensive camp report, where students record, reflect and evaluate their experience during the Mt Arapiles Rock Climbing Expedition. In addition, a micro tutorial allows students in groups to choose an environmental topic of their choice relating to their Outdoor Journey (Surf camp/water safety) and present an oral presentation. They base their research on introduced or native species, environmental impacts of their issues and possible strategies or future directions in relation to their topic.

#### Additional Information:

This is a practical subject, with students undertaking some activities off campus. Camps are an essential element to this course and as such attendance is compulsory.

#### Cost:

Costs for both expeditions include transport, camping fees, professional instruction and equipment hire. Approximately \$210.00 for the Surf Camp at Cape Bridgewater. Mount Arapiles cost is approximately \$180.

### STAGE 1 OUTDOOR & ENVIRONMENTAL EDUCATION B

**Year Level:** 10 or 11 (Stage 1)  
**SACE Credits:** 10  
**Pathways:** Stage 2 Outdoor Education  
**Prerequisites:** None  
**Length:** 1 semester (Semester 2)

#### Course Description:

In Term 3, students prepare for a three day, two-night lightweight bushwalk expedition in the Grampians. Practical assessment is on a range of abilities relating to camp performance. Assessment includes walking ability, leadership & group roles, camp craft, planning, risk management and M.I.C techniques. They work in a positive and supportive manner, being willing to work with a range of different students. They use appropriate walking techniques and navigation skills. In Term 4, students will focus on a three-day, two-night Aquatics Camp (TBA).

#### Assessment:

Students will have the opportunity to demonstrate their learning through group tasks, research assignments, micro tutorials, journals and practical applications. Assessment tasks in course work can be presented in a variety of modes to suit student needs, and can include oral, multimedia or written modes. Assessment in this course will consist of various practical tasks

(60%) relating to camp performance. Assessment includes bushwalking ability, surfing ability, leadership & group roles, camp craft, planning, navigation, risk management and M.I.C techniques. Theory assignments and components (40%) include a camp report following their bushwalking expedition as well as a major investigation.

A major investigation allows the students to identify a current environmental issue related to an Outdoor Journey they have experienced and research this particular topic. A hypothesis or guiding question is to be used to help guide the investigation with primary and secondary resources used as sources for their information. Visual aids such as tables, maps, photographs etc. are to be used as further supporting evidence and put together in a 1000-word report. Students may negotiate to present their findings in multimedia or oral format but is to be negotiated with the teacher.

#### Additional Information:

This is a practical subject, with students undertaking some activities off campus. Camps are an essential element to this course and as such attendance is compulsory.

#### Cost:

Costs for both expeditions includes transport, camping fees, and equipment hire. Approximately \$150.00 for the aquatics camp and approximately \$50.00 for the light weight expedition in the Grampians.

# [ HEALTH & PHYSICAL EDUCATION ]

## OUTDOOR & ENVIRONMENTAL EDUCATION

### STAGE 2 OUTDOOR & ENVIRONMENTAL EDUCATION

**Year Level:** 11 (Stage 2)

**SACE Credits:** 20

**Pathways:** Recreation industry, Parks and Wildlife

**Prerequisites:** Offered to Year 11 students ONLY who have successfully completed Stage 1 Outdoor and Environmental Education. Students are required to obtain a recommendation from their Stage 1 teacher.

**Length:** 1 year

#### Course Description:

Stage 2 Outdoor and Environmental Education is being offered at a Stage 1 level to give students an opportunity to complete a SACE unit and draw on an extra subject for their ATAR.

Recommendation must be obtained to gain entry into this subject and participate in this unique opportunity. Approval will be based on academic performance.

Practical activities allow students to develop a sense of responsibility to others while working in groups.

#### Outdoor journeys include:

- A kayaking journey or lightweight bushwalking expedition (TBA). Students will undertake a three-day/two-night, journey where they will be practically assessed on a range of criteria.

Demonstrating initiative, self-reliance, leadership and the use of environmentally sustainable strategies;

- Mountain biking in the Forest, Otway Ranges or Adelaide Hills. Students will participate in a three day, two-night cycling tour. Approximate cost: \$120;
- A two-night/three-day Self Reliant Camp to be negotiated with the teacher. Students will draw upon all prior knowledge learnt to plan, participate and evaluate an independent bushwalk of their own. Approximate cost: \$50 - \$100.

Students will also participate in a number of theory topics which include environmental studies, risk management and planning, leadership and planning, first aid and emergency response, navigation, sustainable environmental practices and environmental restoration.

#### Assessment:

Students will have the opportunity to demonstrate their learning through:

- Folio (20%)
- Group practicals (30%)
- Individual practical (20%)
- External Assessment (30%)

Assessment tasks in course work can be presented in a variety of modes to suit student needs and can include oral, multimedia or written modes.