

HEALTH & PE

General PE for All

10PEM*

SUBJECT DESCRIPTION:

This subject aims to foster an environment in which powerful discussions surrounding issues relevant to today's youth can take place. We aim to create a space that is inclusive of all people where they feel confident to share ideas. Students will have an element of choice in the practical activities they undertake during the semester.

In this unit, students will study:

Theory Component

- The dangers of alcohol and other drugs (recreational and performance enhancing in sport)
- Skills and sport
- Healthy People, Healthy Communities
- Personal Physical Activity Plan

Practical Component

- Games and Sports
- Coaching
- Personal Physical Activity Plan
- Community participation in sport

VCE SUBJECT LINKS

Physical Education

THIS SUBJECT ENHANCES LEARNING IN:

This subject will support students in developing their leadership skills through teamwork and participation in a variety of physical activity scenarios, as well as challenging them to attempt a variety of activities they may not have had previous experience in, while fostering an inclusive environment with others.

ASSESSMENT:

- Topic test
- Physical activity delivery (Games Design)
- Practical participation
- End of semester exam

**General PE for All, and for Girls cover the same content. Students may chose ONE of these electives only*

General PE for Girls

10PEG*

SUBJECT DESCRIPTION:

In PE for Girls, we aim to create a supportive and safe environment where students feel comfortable and confident to be able to share ideas and discuss issues that are relevant to females. Practical activities will be determined based on the interests and needs of the class.

In this unit, students will study:

Theory Component

- The dangers of alcohol and other drugs (recreational and performance enhancing in sport)
- Skills and sport
- Healthy People, Healthy Communities
- Personal Physical Activity Plan

Practical Component

- Games and Sports
- Coaching, Tactics and Manipulative Skills
- Personal Physical Activity Plan
- Community participation in sport

VCE SUBJECT LINKS

Physical Education

THIS SUBJECT ENHANCES LEARNING IN:

This subject will support students in developing their leadership skills through teamwork and participation in a variety of physical activity scenarios, as well as challenging them to attempt a variety of activities they may not have had previous experience in, while fostering an inclusive environment with others.

ASSESSMENT:

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