

# HEALTH & PE

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## Sports Academy (AFL) 10PSA

### SUBJECT DESCRIPTION:

This subject is delivered with an AFL perspective to cover concepts taught in Year 10 Physical Education. In undertaking this elective, students will explore topics such as injury prevention and recovery, game review and analysis, goal setting, training for performance and the bodies response to exercise.

In this unit, students will study:

Theory Component

- Body systems
- Nutrition and recovery
- Training for performance
- Game analysis (AFL)

Practical Component

- Games and sports
- Coaching, tactics and manipulative skills
- Personal physical activity plan
- Community participation in sport

### VCE SUBJECT LINKS

Physical Education

VET Cert III in Sport and Recreation

### THIS SUBJECT ENHANCES LEARNING IN:

This subject will support students in developing their leadership skills through teamwork and participation in a variety of AFL based activities. It aims to improve students understanding of AFL and their overall success in the sport.

### ASSESSMENT:

- Topic test
- Fitness and skills based assessment
- Practical Participation
- End of semester exam

## Sports Academy (Basketball) 10PSB

### SUBJECT DESCRIPTION:

This subject is delivered from a basketball perspective to cover concepts taught in Year 10 Physical Education. In undertaking this elective, students will explore topics such as injury prevention and recovery, game review and analysis, goal setting, training for performance and the bodies response to exercise.

In this unit, students will study:

Theory Component

- Body systems
- Nutrition and recovery
- Training for performance
- Game analysis (Basketball)

Practical Component

- Games and sports
- Coaching, tactics and manipulative skills
- Personal physical activity plan
- Community participation in sport

### VCE SUBJECT LINKS

Physical Education

VET Cert III in Sport and Recreation

### THIS SUBJECT ENHANCES LEARNING IN:

This subject will support students in developing their leadership skills through teamwork and participation in a variety of AFL based activities. It aims to improve students understanding of AFL and their overall success in the sport.

### ASSESSMENT:

- Topic test
- Fitness and skills based assessment
- Practical Participation
- End of semester exam