

Physical Education Studies General

Year 11 Course Code	GEPES
Year 12 Course Code	GTPES
Highly recommended	Students should be; <ul style="list-style-type: none">• Interested in physical activity and playing sport• Interested in learning about how the body moves and works while performing sporting activities.
Cost	To be determined

Year 11 and Year 12 Course Content

Theoretical component

- Understanding anatomy
- Mental skills
- Fitness
- Decision making skills
- Coaching knowledge and skills

Practical component

- Students will understand and develop movement skills
- Develop strategies and tactics for competition context

Year 11 Course Structure

Unit 1 - The focus of this unit is to explore anatomical and biomechanical concepts, the body's responses to activity and stress management processes to improve their own performance and that of others in physical activity.

Unit 2 – The focus of this unit is to identify the relationship between skill, strategy and the body in order to improve the effectiveness and efficiency of performance.

Year 11 Sport Context

- Basketball
- Softball
- Badminton

Year 12 Course Structure

Units 3 – The focus of this unit is to provide opportunities for students to build upon their acquired physical skills and biomechanical, physiological and psychological understandings, to improve the performance of themselves and others in physical activity.

Unit 4 – The focus of this unit is to extend understanding by students of complex biomechanical, physiological and psychological concepts to evaluate their own and others' performance.

Year 12 Sport Contexts

- Volleyball
- Soccer