



TRINITY COLLEGE

Senior

PHYSICAL EDUCATION SACE STAGE 1: YEAR 11

(Head of subject: David Schell, Senior School)

NB. P.E. is a “Maths, Science, Technology” subject.

WHY STUDY THIS SUBJECT?

Text book reasons!

- To acquire a deeper appreciation of physical activity as it relates to lifestyle and health.
- Prepare for long term active participation in physical activity.
- Seek higher standards of skilled performance in selected physical activities.
- Etc. etc.

Other reasons!

- Students enjoy the practical nature of the subject. (It is a chance to get out of the classroom).
- Theory topics are “relevant” for young people.
- The courses are interesting and fun.
- 2 completely different units are offered BUT, you can do both!
- Unit B is an important preparation for studying PE at Stage 2 level (Yr. 12)
- Unit B covers practical activities that are all indoor (Starplex).
- Unit A has a “camp”.
- Unit A has no direct links with PE at Stage 2 level.

PATHWAYS / PRE-REQUISITES / PASSING REQUIREMENTS

- “a genuine interest in physical activity and/or outdoor pursuits” or
-Year 10 PE

A grade C or better or by interview with Head of Subject.



Year 11 PE “B” (Pre Yr. 12) and/or
Year 11 PE “A” (Outdoor Education component)

*A grade C or better in **both** the Theory and Practical components or, by interview with Head of Subject.*



Year 12 (HESS General) Physical Education
(One of Trinity’s top performing Yr. 12 subjects)

IMPORTANT INFORMATION

- Students can study **both** Yr. 11 units (i.e. one in each semester).
- Students wanting to study PE in year 12 **must** do the “pre Yr. 12” option. i.e. P.E.(**B**)
- Students who choose PE (A) must attend the CAMP.** Approximate cost: \$130
- The camp involves bush walking / back packing for 4 days in the Flinders Ranges.



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COURSE DESCRIPTION

PE “A” Outdoor Ed Semester 1 or 2

Practicals: The following will be covered.

Lawn bowls, Korfball, Athletics (Sem. 1 only), Swimming (Sem. 2 only)

Theory:

Outdoor Education, Diet, Nutrition & Lifestyle.

Exam: No

No text book required. Approx. \$130 for camp.

N.B. All students must attend the camp.

Camp Dates: Sem. 1 (Term 2 Week 3)

Sem. 2 (Term 3 Week 7)

New in 2009

PE “B” and “C” Semester 1 or 2 or Both (Pre Yr. 12)

NB. The completion of either unit is a preferable pre-requisite for Year 12 PE

Practicals

Basketball, Badminton, Volleyball, Netball, Touch Football

Theory:

Exercise Physiology, Skill Learning, Biomechanics, Sport in Society.

Exam: Yes

In 2009 students will be able to choose PE (Pre YR12) for both semesters. If you are considering doing Yr12 PE we strongly recommend you choose this option. Each semester will be different and cover a range of topics in preparation for Yr12.