



TRINITY COLLEGE
PHYSICAL EDUCATION (HESS General)
SACE STAGE 2: YEAR 12

Head of Subject: David Schell, ph. 85220656

NB. PE is a Group 2: 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 and meaningful” for young people.
- Students respond very well to the concept of “relating their Theory work to the Practicals which are covered in class”.
- Students are asked to draw on their own experiences and involvement in sport and recreation. This makes study in this subject, very worthwhile and interesting.
- If students are prepared to work hard, a good result is very likely.
- For many years, PE has been one of the best performing subjects in the college.

PATHWAYS / PRE-REQUISITES / PASSING REQUIREMENTS

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

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



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

IMPORTANT INFORMATION

- Text book cost: \$35
- An opportunity exists for “elite” sportspersons in the class (i.e. State representation or better) to use their sport as one of the 3 practicals.
- The 3 pracs. covered in Yr. 11 PE B/C are also covered in Yr. 12
- PE is a HESS General subject. Assessment tasks are “internally” set and marked, but “externally” moderated. The (end of year) 2 hour exam is “externally” set and marked. It is worth 30% of the total course marks.



COURSE DESCRIPTION

STRUCTURE

50% Practical / 50% Theory

PRACTICALS: (50% of the total course)

3 x 10 week units: *Basketball, Volleyball, Badminton*

80% of the assessment for these pracs. is based on **proficiency and application of skills.**

20% is based on **communication and initiative** within the practical setting.

There is no theory component in this area.

THEORY: (50% of the total course including exams)

Topics: *Exercise Physiology and Physical Activity* (approx. 25 hours)

Summative Assessment tasks: Trial Exam & End of year Exam

The Acquisition of Skills and the Biomechanics of Movement
(approx. 15 hours)

Summative Assessment tasks: Laboratory Report and End of Year Exam

Issues Analysis (approx. 10hours)

Summative Assessment task: (special study: 850 words...student choice)

SUMMARY

Practical: 50%

Theory: Special Study (issues analysis) 10% / Lab. Report 5%

Exams: Trial Exam 5% End of Year 30%