



# Physical Education

## What is Physical Education

Physical Education is the study of physical activity and its place in the lives of individuals and groups of people. The main aim of the Physical Education programme is to involve students in physical activity in a way that promotes immediate as well as long-term benefits to the participant.

## Why Study Physical Education?

Students acquire an understanding of human functioning and physical activity and develop an awareness of the community structures and practices that influence participation in physical activity. Skills in communication and investigation are practiced whilst the ability to apply theory to practical situations is enhanced. Students gain satisfaction from skilled performance in both individual and group activities.

## Course Content of Physical Education

### Practical Skills and Applications: 50% of the total course

Three sports will be covered:

- Volleyball and Badminton each for a total of 18 hours  
PLUS
- Either Sailing or Kayaking, to be held over 3 days in school holidays at a cost of approx \$190

80% of the assessment for the practicals is based on proficiency and application of skills with 20% based on communication and initiative within the practical setting.

- There is no theory component in this area.
- Negotiated Practical: An opportunity exists for "elite" sportspersons in a particular sport to substitute their sport for one of the three practicals.

### Principles and Issues: 50% of the total course

#### Topics:

- Exercise Physiology and Physical Activity (approx. 25 hours)
- The Acquisition of Skills and the Biomechanics of Movement (approx. 15 hours)
- Issues Analysis (approx. 10hours)

# Physical Education continued

## Assessment Components

The following assessment types enable students to demonstrate evidence of learning in Stage 2 Physical Education:

- School Based Component: 70%
  - Assessment Type 1: Practical (50%)
  - Assessment Type 2: Folio (20%)
- Externally Moderated Component: 30%
  - Assessment Type 3: Examination

## Learning Requirements of the Course

At the end of the program in Stage 2 Physical Education, students should be able to:

1. achieve a level of proficiency in performance of physical activities with reference to specific skill criteria
2. critically analyse, and evaluate the personal, community, and/or global implications of physical activity
3. demonstrate knowledge and understanding of exercise physiology and the biomechanics of movement and skills acquisition
4. demonstrate knowledge and understanding of physical education concepts relevant to physical activities
5. apply and reflect on principles and issues related to physical performance and activity and skills acquisition
6. demonstrate initiative, self-reliance, collaborative skills, leadership, and effective interpersonal skills.

## Future Pathways in Physical Education

Stage 1 and Stage 2 Physical Education will help students to make decisions about further study, careers, and their use of leisure. The subject directly links study and vocational pathways in paramedical, health, and movement sciences, and in recreational activities.

## Required Text(s) for Physical Education

ESSENTIALS Physical Education Workbook SACE 2 (Second Edition)

## What are the prerequisites?

Grade C<sup>+</sup> or better in both the Theory and Practical components of Year 11 PE (One Semester or Whole Year)  
NB: A whole year is strongly recommended.



TRINITY COLLEGE  
Senior

## Contact Details

For more information about studying Year 12 at Trinity College Senior, please contact the Head of Year 12 on 8523 8705 or visit: [www.trinity.sa.edu.au/curriculum/index.htm](http://www.trinity.sa.edu.au/curriculum/index.htm)

## Further Information

More information about SACE may be obtained from the SACE Board of South Australia webpage at: [www.sace.sa.edu.au](http://www.sace.sa.edu.au)