

# PHYSICAL EDUCATION

Students select one of three options in Year 10

Year 10	Possible Senior School	
Health and Physical Education	General Outdoor Education	
	General Physical Education Studies	
Health & PE and Specialised Physical Education *	General Physical Education Studies & Sport Certificates	ATAR Physical Education Studies
	General Outdoor Education	ATAR Health Studies
Health and Specialised Outdoor Education*	General Outdoor Education	ATAR Outdoor Education

## 10 GENERAL PHYSICAL EDUCATION

(CODE 10PE)

**PREREQUISITE:** Nil

This course will enhance students' knowledge, attitude and skills in several essential aspects of personal and social health. It concentrates on developing a range of physical and cooperative skills with emphasis on skill development, organisation, decision making skills and interpersonal skills.

The course offers the opportunity for students to learn and practice skills in developing a positive and healthy lifestyle. The program caters for movement activities such as training programs, dance, disc golf, gymball to more invasive sports such as soccer, basketball, handball.

## 10 SPECIALISED PHYSICAL EDUCATION STUDIES\* (CODE 10SPE)

**PREREQUISITE:** Nil

This course is highly recommended for keen Physical Education students wishing to select Physical Education studies in Senior School with career goals such as Physical Education teacher, Personal Trainer, Sports Scientist etc. Students who achieve to a high standard will be ideally suited to enter ATAR Physical Education Studies in Senior School.

The course will cover topics such as fundamentals of the human body, how to execute skills more efficiently (Biomechanical Analysis) and how your mind plays an important role in playing sport (Mental Skills).

In addition, practical components will include soccer, volleyball and athletics.

## **10 SPECIALISED OUTDOOR EDUCATION\***

**(CODE 10SOE)**

### **PREREQUISITE: Nil**

This course is designed to introduce students to the outdoors and develop a high level of skill to investigate and explore the outdoors in a practical environment.

The course content is divided into the following areas:

- Understanding the principles of Outdoor Education
- Skills for the safe participation in outdoor activities
- An understanding of the environment
- Develop self-management and interpersonal skills in the outdoors.

Year 10 Specialised Outdoor Education provides opportunities for students to face challenges in the outdoors. Students will be involved in outdoor activities such as canoeing, mountain biking, orienteering, abseiling/roping, camping and expedition skills. These activities will help build confidence as well as the opportunity to develop and display outdoor leadership.

The goal of this course is to develop a student's skill and knowledge that will enable them to study ATAR Outdoor Education in Senior School.