

Subject Selection Year 10 – Health and Physical Education

SUBJECT DESCRIPTIONS

Students may select one or two options in Year 10.

Year 10	Possible Senior School Pathway
Physical Education and Specialised Physical Education	General Physical Education Studies
	ATAR Physical Education Studies
	General Physical Education Studies & Sport & Rec Certificate
Health	ATAR Health Studies
Specialised Outdoor Education*	General Outdoor Education
	ATAR Outdoor Education

*Extra cost subject

10 GENERAL PHYSICAL EDUCATION

(CODE 10PE)

In continuing to improve performance, students transfer learned specialised movement skills with increasing proficiency and success across a variety of contexts. They use feedback to improve their own and others' performance with greater consistency, and critically evaluate movement responses based on the outcome of previous performances. Through the application of biomechanical principles to analyse movement, students broaden their understanding of optimal techniques necessary for enhanced athletic performance.

Students self-assess their own and others' leadership styles and apply problem-solving approaches to motivate participation and contribute to effective team relationships. They are also provided with opportunities to assume direct control of physical activities in coaching, coordinating or officiating roles.

10 HEALTH EDUCATION

(CODE 10HEA)

The Year 10 Health Education provides students with the opportunity to begin to focus on issues that affect the wider community. They study external influences on health decisions and evaluate their impact on personal identity and the health of the broader community. Students continue to develop and refine communication

Subject Selection Year 10 – Health and Physical Education

techniques to enhance interactions with others and apply analytical skills to scrutinise health messages in a range of contexts.

10 SPECIALISED PHYSICAL EDUCATION* (CODE 10SS)

HIGHLY DESIRABLE: Year 9 Specialised Sport Science.

DESIRABLE: Sport Science interest in relation to human movement and high performance development.

Learning Area Grade: Science B, PE (Move our body & Understand Movement) B, English B.

(Health & Physical Education Teachers apart of the selection process)

Our networks and partnerships include Swan Districts Football Club, WACA, Vibrant Fitness and Basketball WA.

This course is highly recommended for keen Physical Education students wishing to select Physical Education studies in Senior School. Students will extend their skill development and enhance their knowledge on the science behind the human body and how it works. Key sport focus: Touch Rugby, Basketball and Soccer.

Our networks and partnerships include Swan Districts Football Club, WACA, Vibrant Fitness and Basketball WA.

The course will cover theory topics such as Functional Anatomy, Exercise Physiology, Sports Injury Prevention & Management, Exercise Nutrition, Principles & Practices of Resistance Training, Biomechanics, Principles of Coaching

10 SPECIALISED OUTDOOR EDUCATION* (CODE 10SOE)

This subject 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 subject 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

Subject Selection Year 10 – Health and Physical Education

skills. These activities will help build confidence as well as the opportunity to develop and display outdoor leadership.