

# Subject Information 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<br>and<br>Specialised Sport Science* | General Physical Education Studies  |
|   | ATAR Physical Education Studies   |
|   | General Physical Education Studies<br>and<br>Sport and Recreation Certificate III |
| Health  | ATAR Health Studies   |
|   | General Health Studies  |
| Specialised Outdoor Education*                          | General Outdoor Education   |
|   | ATAR Outdoor Education  |

\*Extra cost subject

### 10 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

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decisions and evaluate their impact on personal identity and the health of the broader community. Students continue to develop and refine communication techniques to enhance interactions with others and apply analytical skills to scrutinise health messages in a range of contexts.

## **10 SPECIALISED SPORT SCIENCE\* (CODE 10SS)**

**HIGHLY DESIRABLE:** Year 9 Specialised Sport Science.

**DESIRABLE:** Interest in human movement and high performance development.

Learning Area Grade: Science B, PE (Move Our Body and Understand Movement) B, English B. (Health and Physical Education Teachers will be part of the selection process)

Key sport focus can change yearly but may include; tennis, touch rugby/rugby 7's, basketball, soccer. Our networks and partnerships can include Rugby WA, Swan Districts Football Club, West Coast Eagles, WACA, Plus Fitness, Basketball WA and elite athletes.

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 of the science behind the human body and how it works. The course will cover theory topics such as functional anatomy, exercise physiology, sports injury prevention and management, exercise nutrition, foundations of fitness and training, biomechanics, motor learning and 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 skills. These activities will help build confidence as well as the opportunity to develop and display outdoor leadership.