

PHYSICAL EDUCATION 10

Time: 2 x 35 minutes per week

Course Description:

In every Physical Education class, our aim is to develop the skills, impart knowledge and sporting values to assist students in managing their long term and short term individual, physical, social and emotional needs.

In Grade 7, the students will be learning the skills, rules and strategies for any of the following sports:

Indoor: Basketball, Badminton, Volleyball, Skipping & Handball

Outdoor: Football, Ultimate Frisbee, Modified Softball & Touch Rugby

The students will take the compulsory Fitness Test in Semester 1.

<u>SEMESTER 1</u>	<u>SEMESTER 2</u>
<ul style="list-style-type: none"> • TRACK & FIELD • FOOTBALL • ULTIMATE FRISBEE • MODIFIED SOFTBALL • STRENGTH & FITNESS CONDITIONING • ANNUAL FITNESS TEST 	<ul style="list-style-type: none"> • SWIMMING • BADMINTON • VOLLEYBALL • BASKETBALL • HANDBALL • SKIPPING

Assessment

Internal Assessment	Weighting
Continual Assessment (CA1 + CA2 + CA3 + CA4) including: <ul style="list-style-type: none"> - Topic tests on Rules & Regulations - Skills tests - Fitness testing 	25 + 25 + 25 + 25
Total	100