



BRACKEN RIDGE STATE HIGH SCHOOL

Year 10 Health and Physical Education

Overview

Year 10 Health and Physical Education (HPE) is an introduction to Senior Physical Education, providing a good grounding in a wide variety of games and activities in addition to developing a healthy attitude towards health and fitness which will last a lifetime. HPE is the study of human movement, sports psychology, physiology and sociology, using physical activity as a vehicle.

Year 10 Healthy and Physical Education cements the foundation skills learnt in Year 7, 8 and 9 as well as prepares students for Senior Study (whether it is Senior Physical Education, Sport and Recreation and/or Certificate III in Allied Health).

Semester One

TERM ALLOCATION AND LENGTH	UNIT	SUB TOPICS	ASSESSMENT
1 (10 Weeks)	Theoretical: Motor Learning	<ul style="list-style-type: none"> • Motor learning • Stages of learning • Factors affecting learning • Practice • Feedback • Evaluation 	Essay
	Practical: Volleyball	Knowledge and understanding of Volleyball rules, procedures and safety considerations in game play. Fundamental technique: <ul style="list-style-type: none"> • Overhead serve • Dig • Set • Spike • Block • Court positioning • Compulsory moves • Game communication • Transitional Play • Defence / offensive tactics • Analysing own and other performances. 	Continuous Assessment in a variety of authentic contexts.
2 (9 Weeks)	Theoretical: Exercise Physiology and Training	Exercise Physiology and Training <ul style="list-style-type: none"> • The meaning of fitness • Energy Systems • Training Methods • Training Principles • Fitness Testing • Oxygen Consumption and delivery • Oxygen deficit and debt. 	<ul style="list-style-type: none"> • In-class exam

	Practical: Touch Football	<p>Knowledge and understanding of touch rules, procedures and safety considerations in game play.</p> <p>Fundamental technique:</p> <ul style="list-style-type: none"> • Field positioning • Passing / pass variety / acting half pass • Rucking • Defence • Attacking moves (dodging, side stepping, weaving, wraps, switches) • Lead/create space • Initiate change • Game communication • Transitional play • Game tactics and strategies • Defence / offensive tactics • Analysing own and other performances. 	Continuous Assessment in a variety of authentic contexts.
--	-------------------------------------	--	---

Semester Two

TERM ALLOCATION AND LENGTH	UNIT	SUB TOPICS	ASSESSMENT
3 (9 Weeks)	Theoretical: Sports Psychology	<ul style="list-style-type: none"> • Motivation • Arousal and performance • Information processing team dynamics • Anxiety • Imagery and visualisation 	Research Task
	Practical: Netball	<p>Knowledge and understanding of netball rules, procedures and safety considerations in game play.</p> <p>Fundamental technique:</p> <ul style="list-style-type: none"> • Court positioning • Passes (chest, shoulder, lob, bounce) • Pass variety • Shooting • Foot work • Pivoting • Dodging • Shadowing • Blocking • Lead/create space • Analysing own and other performances. 	Continuous Assessment in a variety of authentic contexts.

<p>4 (8 Weeks)</p>	<p>Theoretical: Function Anatomy Biomechanics</p>	<ul style="list-style-type: none"> • Kinematics. • Newtons Laws of Motion. • Momentum and inertia. • Forces Levers. • Balance and Stability. • Projectile Motion. 	<p>Multi-modal Presentation</p>
	<p>Practical: Badminton</p>	<p>Knowledge and understanding of badminton rules, procedures and safety considerations in game play.</p> <p>Fundamental technique:</p> <ul style="list-style-type: none"> • Grip • Overhead clear / forehand clear / backhand clear • Smash shot / drive • Short serve / long serve • Court positioning • Defence / offensive tactics • Analysing own and other performances. 	<p>Continuous Assessment in a variety of authentic contexts.</p>

