**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 and/or Certificate II in Sports Coaching).

### Semester One

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<th>UNIT</th>
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| 1 (10 Weeks)               | **Theoretical:** Excellence in Health | • School community health.  
• Health issues affecting adolescents to young adults.  
• Healthy excellence.  
• Factors that influence health and wellbeing.  
• New and creative health interventions.  
• Problem solving strategies. | Group Research and Individual Written Justification |
|                            | **Practical:** Holistic / Recreational Activities | Outdoor Fitness Knowledge and understanding of a variety of recreational game rules, procedures and safety considerations. | Continuous Assessment in a variety of authentic contexts. |
| 2 (9 Weeks)                | **Theoretical:** Exercise Physiology and Training | Exercise Physiology and Training  
• The meaning of fitness  
• Energy Systems  
• Training Methods  
• Training Principles  
• Fitness Testing  
• Oxygen Consumption and delivery  
• Oxygen deficit and debt. | External Exam |
|                            | **Practical:** PT Yourself: Fitness/Personal Training | Knowledge and understanding of fitness, equipment procedures and safety considerations:  
• Personal Training  
• Designing a training Program  
• Utilising the outdoor environment to enhance own health and wellbeing. | Continuous Assessment in a variety of authentic contexts. |
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| 3 (9 Weeks)                | **Theoretical:** Biomechanics | • Kinematics.  
• Newtons Laws of Motion.  
• Momentum and inertia.  
• Forces Levers.  
• Balance and Stability.  
• Projectile Motion. | Multi-modal Presentation |
|                            | **Practical:** Badminton | Knowledge and understanding of badminton rules, procedures and safety considerations in game play.  
Fundamental technique:  
• Grip  
• Overhead clear / forehand clear / backhand clear  
• Smash shot / drive  
• Short serve / long serve  
• Court positioning  
• Defence / offensive tactics. | Continuous Assessment in a variety of authentic contexts. |
| 4 (8 Weeks)                | **Theoretical:** Tactical Awareness, ethics and integrity | • Recognise and explain tactical awareness  
• Recognise and explain ethics and integrity concepts and principles  
• Investigate motor learning  
• Explore dynamic models of learning  
• Investigate constraints that limit or enable movement capabilities  
• Analyse and synthesise data to devise strategies about tactical awareness and ethics and integrity  
• Justify and evaluate tactical, ethics and movement strategies. | Continuous Assessment in a variety of authentic contexts. |
|                            | **Practical:** TRL | Knowledge and understanding of TRL rules, procedures and safety considerations in game play.  
Fundamental technique:  
• Field positioning  
• Passing / pass variety  
• Kicking  
• Marking up  
• Tagging  
• Invasion  
• Lead/create space  
• Initiate change  
• Game communication  
• Transitional play  
• Game tactics and strategies  
• Defence / offensive tactics. | Continuous Assessment in a variety of authentic contexts. |