Senior Physical Education (PED) is a Queensland Studies Authority subject and as such contributes towards an OP. PED is the study of human movement, sports psychology, physiology and sociology, using physical activity as a vehicle.

Students study four physical activities over the two year course with equal time and emphasis given to each activity. Skills will be both game specific and general in terms of basic athletic performance. One of the philosophies of the course is that the best performers have a range of skills that are not all specific to their sport. Skills are studied every term and form the cornerstone of each student’s development. Drills should be progressively developed in terms of difficulty, pressure and game relevance in order to facilitate a steady improvement in game performance.

Students study four physical activities over the two year course with equal time and emphasis given to each activity. Skills will be both game specific and general in terms of basic athletic performance. Units are integrated, drawing subject matter from three content areas:

- **Focus Area A: Learning Physical Skills**
- **Focus Area B: Biological Bases of Training and Exercise**
- **Focus Area C: Equity and Access to Exercise, Sport and Physical Activity in Australian Society.**

### Semester One

<table>
<thead>
<tr>
<th>TERM ALLOCATION AND LENGTH</th>
<th>UNIT</th>
<th>SUB TOPICS</th>
<th>ASSESSMENT</th>
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</table>
| 1 (9 Weeks)                | Theoretical: Focus Area C - Figueroa’s Framework | • Sociology  
• Equity and access  
• Cultural level  
• Structural level  
• Institutional level  
• Interpersonal level  
• Individual level | Analytical Exposition  
• Magazine Article  
• 800 - 1000 words  
Develop a magazine article that critically analyses and evaluates the barriers present at Bracken Ridge State High School and the surrounding community that affect, influence, encourage and/or prevent access and equity for your Netball participation. |
|                            | Practical: Netball | Knowledge and understanding of netball rules, procedures and safety considerations in game play.  
Fundamental technique:  
• Court positioning  
• Passes (chest, shoulder, lob, bounce)  
• Pass variety  
• Shooting  
• Foot work  
• Pivoting  
• Dodging  
• Shadowing  
• Blocking  
• Lead/create space | Continuous Assessment in a variety of authentic contexts. |
| 2 weeks (9 Weeks) | **Theoretical:** Focus Area B - Biomechanics | - Initiate change  
- Game communication  
- Transitional play  
- Game tactics and strategies  
- Defence / offensive tactics | Supervised Exam  
- Seen Task (500-700 words)  
- 150 words plus references allowed into exam |
|------------------|---------------------------------------------|-------------------------------------------------|
| **Theoretical:** | Kinematics  
- Newton's Laws of Motion  
- Momentum and inertia  
- Forces, Levers  
- Balance and Stability  
- Projectile Motion | Practical:  
**Volleyball**  
Knowledge and understanding of Volleyball rules, procedures and safety considerations in game play.  
**Fundamental technique:**  
- 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. |
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| 3 (9 Weeks)                | Theoretical: Focus Area B – Energy Systems / Exercise Physiology Principles | • Exercise physiology  
• ATP  
• Energy production  
• ATP/CP  
• Lactic Acid  
• Aerobic System  
• Limitation of athletic performance  
• Components of fitness  
• Fitness testing  
Game analysis | Research Report  
• 800 – 1000 words  
Evaluate the specific fitness requirements for the different playing positions in touch. Use game analysis and personal fitness data to ascertain the position most appropriately suited to you. Based on your strengths and weaknesses, propose strategies for improvement and predict their future impact. |
|                            | Practical: Touch Football | Knowledge and understanding of Touch Football rules, procedures and safety considerations in game play.  
Fundamental technique:  
• 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 | Continuous Assessment in a variety of authentic contexts. |
| 4 (9 Weeks)                | Theoretical: Focus Area A – Motor Learning | • Motor learning  
• Stages of learning  
• Factors affecting learning  
• Practice  
• Feedback  
• Evaluation | Multi-modal Presentation  
• 5-8 minutes  
Using your knowledge and understanding of motor learning principles evaluate your sports aerobic routine and present a 5-8 minutes multi-modal presentation. |
|                            | Practical: Sport Aerobics | Knowledge and understanding of competition rules, procedures and safety considerations.  
Fundamental technique:  
• Compulsory movements included for the four categories of static strength: dynamic strength; jump; leaps and power; and flexibility and balance.  
• Use of competition area  
• Selection of music  
• Inclusion of start and end pose  
• Choreography (timing in relation to music and execution of movement patterns) | Continuous Assessment in a variety of authentic contexts. |