



# BRACKEN RIDGE STATE HIGH SCHOOL

## Year 11 Senior Physical Education

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

This program has been designed to develop student skills in both practical and theoretical areas of physical education. Learning and assessment in Physical Education are contextualised and authentic. The careful selection of activities and learning experiences caters for a student population with a diverse range of interests and abilities while encouraging them to achieve academic success. All units reflect an integrated approach to delivery.

### Semester One

UNIT	SUB TOPICS	ASSESSMENT
<b>Theoretical</b> <b>Topic 1: Motor Learning</b>	<ul style="list-style-type: none"> <li>• Motor learning</li> <li>• Stages of learning / learning requirements</li> <li>• Rate limiters</li> <li>• Types of practice</li> <li>• Feedback</li> <li>• Evaluation</li> </ul>	Multimodal Presentation: <ul style="list-style-type: none"> <li>• Pre-recorded 9-11 minute presentation</li> <li>• Script must be submitted electronically</li> </ul>
<b>Integrated with:</b> Volleyball	Knowledge and understanding of Volleyball rules, procedures and safety considerations in game play.  Fundamental technique: <ul style="list-style-type: none"> <li>• Overhead serve</li> <li>• Dig / Set / Spike / Block</li> <li>• Court positioning</li> <li>• Compulsory moves</li> <li>• Game communication</li> <li>• Transitional Play</li> <li>• Defence / offensive tactics</li> </ul> Analysing own and other performances	
<b>Theoretical:</b> Functional Anatomy and Biomechanics	<ul style="list-style-type: none"> <li>• Force</li> <li>• Newtons Laws of Motion</li> <li>• Momentum and Inertia</li> <li>• Projectile motion</li> <li>• Balance and Stability</li> <li>• Anatomical and joint movements</li> <li>• Muscle contractions and body movements</li> </ul>	Supervised Exam <ul style="list-style-type: none"> <li>• 2 hours with 15 minutes perusal / planning</li> <li>• Multiple choice questions / short paragraph response / extended response</li> </ul>
<b>Integrated with:</b> Badminton	Knowledge and understanding of netball rules, procedures and safety considerations in game play.  Fundamental technique: <ul style="list-style-type: none"> <li>• Grip</li> <li>• Overhead clear / forehand clear / backhand clear</li> <li>• Smash shot / drive</li> <li>• Short serve / long serve</li> <li>• Court positioning</li> <li>• Defence / offensive tactics</li> <li>• Lead/create space</li> <li>• Game communication</li> <li>• Game tactics and strategies</li> <li>• Analysing own and other performance</li> </ul>	A digital portfolio of video, images and diagrams with annotations or commentary (2-3 minutes)



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### Semester Two

UNIT	SUB TOPICS	ASSESSMENT
<b>Theoretical:</b> Sports Psychology	<ul style="list-style-type: none"> <li>• Confidence</li> <li>• Arousal</li> <li>• Motivation</li> <li>• Concentration</li> <li>• Psychological techniques</li> </ul>	Multimodal Presentation: <ul style="list-style-type: none"> <li>• Pre-recorded 9-11 minute presentation</li> <li>• Script must be submitted electronically</li> </ul>
<b>Integrated with:</b> Touch Football	Knowledge and understanding of Touch Football rules, procedures and safety considerations in game play.  Fundamental technique: <ul style="list-style-type: none"> <li>• Field positioning</li> <li>• Passing / pass variety / acting half pass</li> <li>• Rucking</li> <li>• Defence</li> <li>• Attacking moves (dodging, side stepping, weaving, wraps, switches)</li> <li>• Lead/create space</li> <li>• Initiate change</li> <li>• Game communication</li> <li>• Transitional play</li> <li>• Game tactics and strategies</li> <li>• Defence / offensive tactics</li> </ul>	A digital portfolio of video, images and diagrams with annotations or commentary
<b>Theoretical:</b> Equity and Physical Activity	Factors that act as barriers and/or enablers: <ul style="list-style-type: none"> <li>• Personal</li> <li>• Social</li> <li>• Cultural</li> <li>• Environmental</li> </ul>	Investigating Report <ul style="list-style-type: none"> <li>• 1500-2000 words</li> </ul>
<b>Integrated with:</b> Touch Football	Knowledge and understanding of Touch Football rules, procedures and safety considerations in game play.  Fundamental technique: <ul style="list-style-type: none"> <li>• Field positioning</li> <li>• Passing / pass variety / acting half pass</li> <li>• Rucking</li> <li>• Defence</li> <li>• Attacking moves (dodging, side stepping, weaving, wraps, switches)</li> <li>• Lead/create space</li> <li>• Initiate change</li> <li>• Game communication</li> <li>• Transitional play</li> <li>• Game tactics and strategies</li> <li>• Defence / offensive tactics</li> </ul>	