



BRACKEN RIDGE STATE HIGH SCHOOL

Year 12 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
Theoretical Topic 1: Tactical Awareness	<ul style="list-style-type: none"> Approaches to motor learning and the development of tactical awareness Dynamic systems approach and dynamic models of learning Constraints-lead approach to teaching and learning 	Multimodal Presentation: <ul style="list-style-type: none"> Pre-recorded 9-11 minute presentation Script must be submitted electronically Digital portfolio: video, images and diagrams with annotations or commentary (2-3 minutes)
Integrated with: Badminton	Knowledge and understanding of netball rules, procedures and safety considerations in game play. Fundamental technique: <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 Lead/create space Game communication Game tactics and strategies Analysing own and other performance 	
Theoretical: Ethics and Integrity Integrated with a variety of physical activities	<ul style="list-style-type: none"> Ethical standards Morals Integrity Fair Play Globalisation Media Coverage Ethical decision-making Equity 	Investigation Report <ul style="list-style-type: none"> Length: 1500-2000 words



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Semester Two

UNIT	SUB TOPICS	ASSESSMENT
Theoretical: Energy, Fitness and Training	<ul style="list-style-type: none"> • Energy Systems • Fitness Components • Training Principles/methods • Musculoskeletal System • Strength and conditioning • Personal training • Limitations of personal performance • VO₂ max • Mesocycles and microcycles • Work-to-Rest ratio • Recovery 	Multimodal Presentation: <ul style="list-style-type: none"> • Pre-recorded 9-11 minute presentation • Script must be submitted electronically
Integrated with: Touch Football	Knowledge and understanding of Touch Football rules, procedures and safety considerations in game play. Fundamental technique: <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 	A digital portfolio of video, images and diagrams with annotations or commentary (2-3 minutes)
External Assessment: Examination – combination response Length: 800–1000 words in total, including <ul style="list-style-type: none"> • short paragraph response items of 150–250 words per item • an extended response to stimulus of 400 words or more. 		