

Course Outline 2022

Subject: Physical Education

Level: 1

Course Code:	L1PHED01	Course Length:	1 Year
Brief Description:			
<p>This course gives the learner an introduction to the concepts of Senior Physical Education. Level 1 Physical Education has a number of practical and theoretical components which the learners explore in a range of environments. Learners will be engaged in a range of topics such as:</p> <ul style="list-style-type: none">• Skill Acquisition• Training Principles• Movement Analysis• Team and Individual Sports• Game understanding <p>This course contains both theory and practical lessons which are split evenly across the year. This course leads onto Level 2 and 3 Physical Education and is a university entrance approved subject.</p>			
Pre-requisites/Co-requisites:			
None			
Cost/Equipment:			
\$30 – Includes all activities			
Teacher in Charge of this Course:	Jason Brajkovic		

Max credits - 5							
Course Design							Date classwork completed
Course is designed utilising aspects of the Achievement standards below					In/Ex	Lit/Num	Credits
1	90963	Demonstrate understanding of the function of the body as it relates to the performance of physical activity	I	Lit	5	Term 2 – Week 5	
2	90967	Demonstrate strategies to improve the performance of a physical activity and describe the outcomes	I			Term 3 – Week 10	
3	90962	Participate actively in a variety of physical activities and explain factors that influence own participation	I			Term 4 – Week 2	
4	90964	Demonstrate quality movement in the performance of a physical activity	I			Term 4 – Week 2	