Course Description
Students will develop the skills and knowledge necessary for participation in a broad range of sports. Core units include dance, fitness, courts, field, indoor, cross country and health.

Learning Outcomes

PHYSICAL ACTIVITY AND SPORTS UNITS
- Demonstration of skill development/improvement
- Demonstration of knowledge and application of rules and concepts
- Student uses participation to instruct, train or include others

HEALTH STUDIES
- Demonstration of knowledge and understanding of topics
- Contribution to class activities
- Completion of Assignment and written work
- Understands and applies strategies that address hygiene, health and safety in Physical Education

DANCE
- Demonstration of skills
- Social development

FITNESS
- Demonstrate an improved level of fitness
- Level of participation
- Understands and applies strategies that address hygiene, health and safety in Physical Education

Work Practice Outcomes
- Comes prepared for class
- Displays acceptable behaviour
- Works cooperatively
- Displays a positive attitude

Materials Required
Students are required to change into appropriate PE clothing for each PE lesson (light blue shirt, joggers and shorts/tracksuit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible. Mobile phones may be used as part of the class in consultation with the teacher.

Typical Homework
Students are required to catch up on any missed work and devote some time to assignments and test preparation during the health unit.

Assessment Items
Knowledge of rules and objectives
Skill development
Participation, teamwork, contribution
Class contribution and bookwork
Health Assignment
Health Test

Due Date
Ongoing
Ongoing
Ongoing
Ongoing
Week 16
Week 16