



Physical Education

Description

VCE Physical Education explores the complex interrelationships between anatomical, biomechanical, physiological and skill acquisition principles to understand their role in producing and refining movement, and examines behavioural, psychological, environmental and sociocultural influences on performance and participation in physical activity.

Unit Topics

Unit 1 - The human body in motion

Unit 2 - Physical activity, sport and society

Unit 3 - Movement skills and energy for physical activity

Unit 4 - Training to Improve Performance

Skill Development

Analytical skills-data, text, graphs, Application skills-applying key knowledge to real life scenarios, Public speaking.

Possible Assessment Tasks

School Assessed Course Work (SAC's), Topic tests, Chapter questions, Written assignments, Oral Presentations, Project based work, Exam.

Activities/Camps/Excursions

Individual/ Partner/Group work, Class discussion, Practical activities.

Career Options

Teaching, Health Science, Nursing, Coaching, Psychology.