



Physical Education (Practical)

Description

Year 9 Physical Education students will complete activities designed to enhance their physical, intellectual, social, emotional and moral well-being. Student will participate in a variety of physical activities and will attempt to extend their skill level, physical fitness and knowledge about accessing information about important health issues.

Practical Unit Topics

- Badminton
- International rules
- AFL
- Lifelong recreation activities
- Challenge and adventure activities
- Fitness Testing

Skill Development

Respect, self esteem, positive relationships, teamwork, leadership, sports specific rules and knowledge, literacy skills, organisational skills.

Possible Assessment Tasks

- Fitness assessment and reflection
- Bandminton
- Participation Journal
- Self and peer assessments

Activities/Camps/Excursions

- A range of sport and recreation activities