



**Newton Moore Senior High School**  
**Physical Education**  
**Year 10 Elective Personal Fitness**  
**2016**



### Course Description

Elective – Personal fitness

This subject is an active course designed for the students wishing to improve their overall fitness. This course will help students understand the importance and the benefits of being active, healthy and fit. Students will be able to work to their individual level so improvement is self-driven. Activities may include the following cross fitness, boxing, cardio work outs and circuit training.

Physical education outcomes assessed are Skills for physical activity, knowledge and understand, self-management skills and interpersonal skills.

Assessment	Weighting	Description
Class interactions (IPS)	20%	Mark out of 10 per semester based on interpersonal skills and relationships
Skills/Game situations (SPA)	30%	Mark out of 15 per semester based on student's physical skills and development over the course.
Classwork participation (SMS)	20%	Mark out of 10 per semester based on class participation, organisational skills and preparedness for class
Practical knowledge (KU)	30%	Mark out of 15 per semester based on student's overall knowledge and implementation of that learnt knowledge
<b>TOTAL</b>	<b>100%</b>	

	Excellent 5 pts	Good 3 pts	Non-Compliance 1 pts
<b>Class Work Completion</b> (SMS)	The classwork was 100% complete and completed to student's best ability working according to the task description.	The classwork was partially complete but needed minor modifications and completed to student's best ability working according to the task description.	The student did not complete classwork in time period given, refused to start or abandoned classwork once started.
<b>Ability to Follow Directions</b> (IPS)	Followed directions to the letter. Used others for guides. Student was able to complete the task without assistance.	Followed directions. Listened to others around them when needed. Student was able to complete the task with little assistance.	Student was non-compliant when given directions most of the time. Student refused or was unable to start the project when offered assistance.

<p><b>Student Preparedness /Time Mgmt (SMS)</b></p>	<p>Student gathered all materials and was completely ready to go to work. Routinely used time well during lessons.</p>	<p>Student had/gathered most materials and went to work. Used time fairly well during lessons.</p>	<p>Student struggled to gather materials required to complete the project. Student showed little interest in completing project.</p>
<p><b>Communication (IPS)</b></p>	<p>Student <b>always</b> works effectively with peers during group work. They are able to actively listen and cooperate with <b>all</b>.</p>	<p>Student <b>usually</b> works effectively with peers during group work. They are able to actively listen and cooperate with <b>most</b>.</p>	<p>Student <b>rarely</b> works effectively with peers during group work. They actively listen and cooperate with peers <b>infrequently</b>.</p>

Please refer to SPA and KU rubrics for further information.