



**Newton Moore Senior High School**  
**Health & Physical Education**  
**Year 10 Physical Education**  
**2016**



## Course Description

In Year 10 students learn to apply more specialised movement skills and complex movement strategies and concepts in different movement environments. They also explore movement concepts and strategies to evaluate and refine their own and others' movement performances. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. The curriculum also provides opportunities for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities. The focus areas to be addressed in Year 9 and 10 include, but are not limited to








- Food and nutrition (FN)
- Health benefits of physical activity (HBP)
- Safety (S)
- Challenge and adventure activities (CA)
- Games and sports (GS)
- Lifelong physical activities (LLPA)
- Rhythmic and expressive movement activities (RE).

## Course Outline

TERM	GIRLS	BOYS
1	Swimming & Volleyball	Swimming & Tennis
2	Netball - Sepep	Netball - Sepep
3	Soccer	Football
3	Football	Rugby/ Speedball/ Handball
4	Softball/ Handball	Volley Ball
4	Free Choice Tennis, Fitness/Walking/Beach	Basketball/ Free Choice

This course outline may be subject to change, any changes will be communicated to students.

## Assessment Outline

Task	Outcomes	Max Score	% Weight
 Lower School Physical Education Sem 1 Lower School Physical Education Sem 1			
..  Term 1 Term 1			
....  Task 1 T1 Skills for Physical Activity		15	30.0
....  Task 2 T1 Participation		10	20.0
..  Term 2 Term 2			
....  Task 3 T2 Skills for Physical Activity		15	30.0
....  Task 4 T2 Participation		10	20.0
Total Weight			100.0

The above weightings are intended to show the importance of each task. The allocation of a grade at the end of a semester is determined based on grade related descriptors issued by School Curriculum and Standards Authority