

Stage 2 Physical Education: Semester 1 Overview 2018

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Weeks	Topic	Summative Assessments
Term 1 1-5	<p>Energy Sources for Physical Performance</p> <ul style="list-style-type: none"> - Sources of nutrients; carbohydrates, fats & proteins. - Energy systems; aerobic & anaerobic energy systems, ATP-PC system, Lactic Acid system & aerobic system. - Contribution of energy systems for specific activities. - Acute responses to exercise; circulatory, respiratory and muscular system. <p>Introduction to Training and Evaluation of Physical Performance</p> <p>Practical: Lawn Bowls</p> <ul style="list-style-type: none"> - Preparation, delivery of bowls, FH/BH shots, tactics initiative and collaboration, leadership and fair play. 	<p>Throughout the semester, there are formative assessments and tests that assess the students' level of learning and understanding. However, these do not contribute to the students' overall grade*</p> <p>Concept 1 Test: What are the sources of energy for physical performance?</p>
6-11	<p>Training and Evaluation of Physical Performance</p> <ul style="list-style-type: none"> - Chronic responses to aerobic & anaerobic training. - Analysis of energy demands of sport and training prescriptions. - Measurements of fitness performance - Training methods specific to fitness factors and physical activities. <p>Physiological Factors Affecting Performance</p> <ul style="list-style-type: none"> - Body stature, composition and gender. - Environmental considerations on performance. - Nutrition for physical performance. - Fatigue and performance. <p>Issues Analysis</p> <ul style="list-style-type: none"> - Students begin researching and reporting on an issue concerning health and physical activity. <p>Practical: Lawn Bowls</p> <ul style="list-style-type: none"> - Preparation, delivery of bowls, FH/BH shots, tactics initiative and collaboration, leadership and fair play. 	<p>Non-Integrated Task 1 Exercise Physiology and Physical Activity</p> <p>Concept 2 Test: What are the effects of training and evaluation on physical performance?</p> <p>Concept 3 Test: How can specific physiological factors affect performance?</p> <p>Lawn Bowls Performance Checklist</p>
Term 2 1-6	<p>How a Skill is Acquired</p> <ul style="list-style-type: none"> - Definitions and descriptions of learning styles. - Classification and characteristics of skills and a skilled performer. 	<p>Issues in Physical Activity</p> <p>Concept 1 Test: How is a skill acquired?</p> <p>Concept 2 Test: What are the specific factors that affect learning?</p>

	<ul style="list-style-type: none"> - Learning process in acquiring physical skills and stages of learning. <p>Specific Factors Affecting Learning</p> <ul style="list-style-type: none"> - Factors include; nature of the task, feedback, environmental factors, characteristics of the learner, retention, timing and anticipation. <p>Practical Component: Badminton</p> <ul style="list-style-type: none"> - Developing skill level and understanding in badminton, including; service, service reception, overhead shots, net shots, leadership/initiation of tactics, general contribution. 	
7-8	<p>Psychology of Learning and Performance of Physical Skills</p> <ul style="list-style-type: none"> - Factors include; goal-setting, feedback, communication, the effects of anxiety and arousal on performance, visualisation, self-esteem and models of coaching. <p>Practical Component: Volleyball</p> <ul style="list-style-type: none"> - Developing skill level and understanding in badminton, including; service, service reception, setting, blocking, spiking, attack reception, independence, leadership/initiation of tactics, general contribution. 	Concept 3 Test: How can psychology of learning affect the performance of physical skills?
9	<p>Revision & Semester Examination</p> <p>Practical Component: Badminton</p> <ul style="list-style-type: none"> - Developing skill level and understanding in badminton, including; service, service reception, overhead shots, net shots, leadership/initiation of tactics, general contribution. 	Semester Examination
10	<p>Review of Exam Content</p> <p>Practical Component: Badminton</p> <ul style="list-style-type: none"> - Developing skill level and understanding in badminton, including; service, service reception, overhead shots, net shots, leadership/initiation of tactics, general contribution. 	