

Stage 1 Physical Education: Semester 1 Overview 2019

Weeks	Topic	Assessment
1-6	<p>Human Body in Motion</p> <ul style="list-style-type: none"> - An introductory topic to understanding both the skeletal, muscular, cardiovascular, respiratory and nervous systems of the human body. <p>Movement & Energy for Physical Activity</p> <ul style="list-style-type: none"> - Investigating the human body and its use of energy sources and systems for physical activity and performance. <p>Touch Football</p> <ul style="list-style-type: none"> - Passing/catching skills, evasive skills, offence, defence, ability to umpire, fitness, initiative and collaboration, leadership and fair play. 	<p>W6 Touch – Part A: Physiology</p>
5-11	<p>Training and Physical Performance</p> <ul style="list-style-type: none"> - Application of the effects of training on physical performance, analysing the demands of physical activity <p>Touch Football</p> <ul style="list-style-type: none"> - Passing/catching skills, evasive skills, offence, defence, ability to umpire, fitness, initiative and collaboration, leadership and fair play. 	<p>W9 Touch – Part B: Improvement</p>
1-3	<p>Through Movement Studies Students explore physical activity through movement concepts and strategies with a socio-cultural lens. They explore barriers and enablers to physical activity, identifying how personal, social, and cultural factors affect participation. Students initiate and contribute to the development of strategies that promote equity and inclusivity through a range of physical activities</p> <p>Korfball Investigating the sport of Korfball and its suitability in being a truly inclusive sport.</p> <p>Volleyball</p> <ul style="list-style-type: none"> - Service, Service Reception, Setting, Spiking, Blocking, Attack Reception, Independence, Leadership/Initiation of tactics, general Contribution 	<p>W3 Touch – Accessibility and Suitability Task</p>
4-10	<p>Through Movement Studies (see above for description)</p> <p>Korfball Investigating the sport of Korfball and its suitability in being a truly inclusive sport.</p> <p>Volleyball</p> <ul style="list-style-type: none"> - Service, Service Reception, Setting, Spiking, Blocking, Attack Reception, Independence, Leadership/Initiation of tactics, general Contribution 	<p>W6 Volleyball Physical Analysis Task</p> <p>W9 Korfball Inclusivity Task</p>

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