






Physical Education

Year 11 at Walford
Her Way

You will discover your physical capabilities and investigate the factors that influence and improve participation and performance outcomes in badminton and lawn bowls. Biomechanics, energy systems, and training principles will be applied to an individualised training program, whilst the factors that impact on equity in sport will be explored.

SACE Stage 1
one semester

 Engage <i>Skills</i>	 Extend <i>Knowledge</i>	 Enrich <i>Experiences</i>
<ul style="list-style-type: none"> • Students participate in lawn bowls, badminton and fitness, focusing on one or more movement concepts or strategies to consider ways to improve performance. • Apply knowledge to critically analyse collected data • Explore and analyse evidence • Design and implement a fitness program based off a fitness assessment. 	<ul style="list-style-type: none"> • Energy systems • Biomechanics • Training principles • Fitness factors • Acute and chronic responses to training. • Explore the use of technology to collect evidence of performance. Evidence includes game data, video analysis, and fitness testing data. • Explore inclusivity and participation in sport. 	<ul style="list-style-type: none"> • Individual and group work • Lawn Bowls (introduction to a new sport off Campus) • Practical and theory components • Using evidence, design and implement a series of fitness training sessions to improve an identified fitness factor.

 Assessments/Outcomes	 Pathways
<ul style="list-style-type: none"> • Performance Improvement Assessment • Physical Activity Investigation 	<p>Subject Pathways: Stage 2 Physical Education</p> <p>Career Pathways: Human Movement, Sport and Recreation, Exercise Physiologist, Physiotherapist, Occupational Therapist, Sports Scientist</p>