





Physical Education

Year 12 at Walford
Her Way

You will develop an understanding of biomechanics, energy systems, training principles, and skill acquisition, through performance in lawn bowls, badminton, and an individualised training program. You will acquire and perform the role of a badminton coach, and plan to improve the performance outcomes of your players by focusing on the relevant movement concepts and strategies utilised in a badminton match.

SACE Stage 2
20 Credits

 Engage <i>Skills</i>	 Extend <i>Knowledge</i>	 Enrich <i>Experiences</i>
<ul style="list-style-type: none"> • Participation in physical activities including lawn bowls, badminton and an individual pursuit • Analysis and evaluation of collected evidence to demonstrate improvement to performance • Application of knowledge and understanding of the focus areas and movement concepts and strategies. • Collection of reliable evidence, including the use of technology (such as apps and video analysis tools) • Developing their own data-collection tools 	<ul style="list-style-type: none"> • Energy sources affecting physical performance • Effects of training on physical performance • Impact of biomechanics on physical activity and movement • Movement concepts and strategies • Standardised fitness tests • Analysis tools and associated technology 	<ul style="list-style-type: none"> • Individual and group work • Lawn Bowls (off Campus) • Practical and theory

 Assessments/Outcomes	 Pathways
<p>2 Diagnostics tasks (15% per task) Self-Improvement Portfolio (40%) External Assessment; Group Dynamics Task (30%)</p>	<p>Career Pathways: Human Movement, Sport and Recreation, Exercise Physiologist, Physiotherapist, Occupational Therapist, Sports Scientist</p>