



WAGIN DISTRICT HIGH SCHOOL

TERM 4, 2020 OUTLINE

Secondary – Physical Education

COURSE OUTLINE

Physical activity is a vital part of maintaining a healthy lifestyle, especially as students are growing. While at school, they received 60min per week of organised physical education. The aim of each lesson is to further develop their movement skills by engaging in a variety of sports. Lessons begin with a warm-up, followed by skill development activities designed to improve and challenge individual ability levels. Finally, students play a game which may be modified if needed; however, the goal is to replicate real life sporting situations, to make the education experience as close to those in the community as possible.

The sports selected for this semester are based on what is available in the community, skills which are transferable and class sizes. Each lesson is designed to refine student skill competence, increase their knowledge of movement skills, improve their own ability and then transfer those skills to game situations. Students are encouraged to work well in teams, communicate effectively, use correct terminology specific to the sport, learn umpiring signals and calls and then develop their ability to create strategies and tactics relevant to the game. The underpinning goal is for students to pursue and maintain lifelong physical activities by learning a variety of movements, social skills and health benefits associated with continuous activity.

COURSE OUTCOMES

Course outcomes are:

- Listening to others
- Communicate effectively in a team environment
- Transfer skills and tactics between different activities
- Play according to the rules of the game
- Improvement in overall fitness
- Apply fair play strategies and understand how their movement and decisions can affect the result in game play
- Develop an understanding of strategies and tactics relevant to that sport including how to motivate and lead in varying situations
- Develop resilience and coping mechanisms in ever changing competitive situations
- Engage in physical activity to the best of their ability while aiming to increase their movement and coordination

ASSESSMENT

Students will be assessed on each sport based on their skill level, game play, understanding of the sport, self-management skills, interpersonal skills and sportsmanlike conduct. They will receive an overall grade for the semester and assessment will occur informally each lesson via anecdotal evidence, video footage and game sense.

Students are expected to behave appropriately at all times and to come prepared for different expected weather conditions.

Week	Planned Activities
1 -3	Tennis <ul style="list-style-type: none">• Serving• Forehand• Backhand• Volleys• Scoring
4 - 6	Softball <ul style="list-style-type: none">• Catching and throwing• Pitching• Positions• Scoring• Batting (correct grip, swing, etc.)
7-10	Cricket <ul style="list-style-type: none">• Batting (correct grip)• Bowling• Fielding (techniques and positions)• Scoring