



WAGIN DISTRICT HIGH SCHOOL

Semester 2, 2025 OUTLINE

Year 9/10 Physical Education

COURSE OUTLINE

Physical activity is a vital part of maintaining a healthy lifestyle, especially as students are growing. Students have two 50 minute lessons per week, where the aim of each lesson is to further develop their movement skills by engaging in a variety of sports. Students continue to develop and refine specialised movement skills and focus on developing tactical thinking skills in a range of contexts and applying them to physical activities. They have opportunities to analyse their own and others' performance using feedback to improve body control and coordination. Students will be taught to increase the complexity of their movement skills and sequences in varying sporting contexts while enjoying new sports. They are also encouraged to coach and work with their peers to improve their technique but using clear and concise language that also enhances confidence.

This semester we will look at individual fitness and other options for lifelong physical activity to benefit health and lifestyle, outside of team sports.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote lifelong healthy lifestyles.

ACHIEVEMENT STANDARD

At Standard, students perform movement skills and sequences in selected sport or physical activity contexts with improving accuracy and efficiency. They implement more complex tactics and strategies in game play in order to achieve the intended outcome in competitive contexts.

Students describe how physical activity can improve elements of health and fitness. When participating in a variety of sports or physical activities, they demonstrate ethical behaviour and communicate to assist team cohesion and the achievement of an intended outcome.

Movement and Physical Activity

Movement Skills

- Skills, strategies and tactics in new or challenging movement situations and the impact of each on movement outcomes (WA9HEPMM2)
- Lifelong physical activities to enhance health, fitness and wellbeing, including moving in natural environments (WA9HEPMM3) (WA10HEPMM4)

Understanding Movement

- Measurement of the body's response to physical activity (WA9HEPMU1):
 - flexibility
 - strength
 - balance
 - endurance
- Personalised plans for improving or maintaining physical activity levels to improve health, fitness and wellbeing (WA10HEPMU2)

Interpersonal Skills

- Skills and strategies to improve team or group performance (WA10HEPMI1)
- Strategies for decision-making when working in groups or teams that demonstrate leadership and collaboration skills (WA9HEPMI3)

COURSE 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.

	TIMELINE	KEY CONCEPTS	ASSESSMENTS
SEMESTER 2	Term 3 Athletics & Personal Fitness	<i>Movement Skills</i> <ul style="list-style-type: none"> • Athletics-attempting varying activities and through technique practise, demonstrate progress over a term • Fitness-Working with trusted partner/group to engage in some fitness tests then different and fun ways to improve fitness over the term, with final fitness tests at the end. <i>Health and Active Communities</i> <ul style="list-style-type: none"> • Regular discussion on how physical activity can improve our overall health. • Measurement of the body's response to physical activity, namely heart rate and breathing rate. 	1. Fitness testing group work-25% 2. Athletics improvements and technique-15% 3. Interpersonal Skills-10%
	Term 4 Volleyball & Soccer	<i>Movement Skills</i> <ul style="list-style-type: none"> • Volleyball-focus on fundamental skills of dig, set, serve, spike and actively participate in game play to include all team members. • Volleyball game play-strategies and tactics to improve team performance • Soccer-fundamental skills-kicking a moving ball into space, defending space, leading, dribbling under pressure 	1. Volleyball skills-20% 2. Volleyball strategies and tactics-15% 3. Soccer-10%