



**COURSE OUTLINE**  
**PHYSICAL EDUCATION STUDIES – GENERAL YEAR 11: 2021**  
**UNIT 1 AND UNIT 2**



Term	Week	Topic and key teaching points	Syllabus content	Assessment
1	1	<b>Developing physical skills and tactics</b>	<ul style="list-style-type: none"> <li>• Develop and apply basic movement skills, patterns and techniques</li> <li>• Definitions of strategy and tactic</li> <li>• Basic classifications of physical activity               <ul style="list-style-type: none"> <li>▪ Invasion</li> <li>▪ Target</li> <li>▪ Net/wall</li> <li>▪ Athletics</li> <li>▪ Striking, fielding</li> <li>▪ Aquatics</li> </ul> </li> <li>• Identify and develop basic tactical concepts</li> <li>• Identify and apply solutions to selected tactical problems               <ul style="list-style-type: none"> <li>▪ Prevent scoring</li> <li>▪ Restart play</li> <li>▪ Score</li> </ul> </li> </ul> <p><b>Note:</b> The above content areas are ongoing and will be addressed throughout the practical skill development teaching and learning activities</p> <p><b>Functional anatomy</b></p> <ul style="list-style-type: none"> <li>• Five major functions of bones               <ul style="list-style-type: none"> <li>▪ Support</li> <li>▪ Protection</li> <li>▪ Movement</li> <li>▪ Storage</li> <li>▪ Blood cell production</li> </ul> </li> </ul>	
1	2	<b>Functional anatomy</b>	<ul style="list-style-type: none"> <li>• Four bone classifications               <ul style="list-style-type: none"> <li>▪ Long</li> <li>▪ Short</li> <li>▪ Flat</li> <li>▪ Irregular</li> </ul> </li> </ul>	



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			<ul style="list-style-type: none"> <li>• Major bones that assist with skeletal movement             <ul style="list-style-type: none"> <li>▪ Femur</li> <li>▪ Tibia</li> <li>▪ Humerus</li> <li>▪ Fibula</li> <li>▪ Radius</li> <li>▪ Pelvis</li> <li>▪ Ulna</li> <li>▪ Vertebrae</li> </ul> </li> </ul>	
1	3-4	<b>Functional anatomy</b>	<ul style="list-style-type: none"> <li>• Basic structure and function of tendons and ligaments</li> <li>• Basic terminology used to describe types of movements             <ul style="list-style-type: none"> <li>▪ Extension</li> <li>▪ fFlexion</li> <li>▪ Rotation</li> <li>▪ Sagittal, frontal, and transverse anatomical planes</li> </ul> </li> </ul>	
1	5-6	<b>Functional anatomy</b>	<ul style="list-style-type: none"> <li>• Basic functions of the muscles             <ul style="list-style-type: none"> <li>▪ Movement</li> <li>▪ Posture</li> <li>▪ Joint stability</li> </ul> </li> <li>• Types of muscles             <ul style="list-style-type: none"> <li>▪ Skeletal</li> <li>▪ Smooth</li> <li>▪ Cardiac</li> </ul> </li> <li>• Major skeletal muscles that assist with movement             <ul style="list-style-type: none"> <li>▪ Biceps</li> <li>▪ Triceps</li> <li>▪ Abdominals</li> <li>▪ Gastrocnemius</li> <li>▪ Soleus</li> <li>▪ Quadriceps</li> <li>▪ Trapezius</li> </ul> </li> </ul>	<b>Task 1: Topic Test- Functional anatomy (3.75%)</b>



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			<ul style="list-style-type: none"> <li>▪ Hamstrings</li> <li>▪ Deltoids</li> <li>▪ Pectoralis</li> <li>▪ Latissimus</li> <li>▪ Gluteus maximus</li> </ul>	
1	7	<b>Functional anatomy</b>	<ul style="list-style-type: none"> <li>• Basic structure and function of tendons and ligaments</li> <li>• Body types (somatotypes) and their suitability to specific sports               <ul style="list-style-type: none"> <li>▪ Endomorph</li> <li>▪ Mesomorph</li> <li>▪ Ectomorph</li> </ul> </li> </ul>	<b>Task 2: topic test – Muscular system</b> (3.75%)
1	8-9	<b>Functional anatomy</b>	<ul style="list-style-type: none"> <li>• Basic structure and function of the circulatory system               <ul style="list-style-type: none"> <li>▪ Heart</li> <li>▪ Arteries</li> <li>▪ Veins</li> <li>▪ Capillaries</li> <li>▪ Blood</li> </ul> </li> <li>• Basic structure and function of the respiratory system               <ul style="list-style-type: none"> <li>▪ Lungs</li> <li>▪ Diaphragm</li> <li>▪ Alveoli</li> </ul> </li> </ul>	<b>Task 3: skill performance (Volleyball)</b> (12.5%)
2	1	<b>Exercise physiology</b>	<ul style="list-style-type: none"> <li>• Immediate responses of the circulatory system to physical activity               <ul style="list-style-type: none"> <li>▪ Heart rate</li> <li>▪ Stroke volume</li> <li>▪ Blood pressure</li> <li>▪ Cardiac output</li> <li>▪ Maximal oxygen uptake (VO<sub>2</sub>max)</li> </ul> </li> <li>• Responses of the respiratory system to physical activity               <ul style="list-style-type: none"> <li>▪ Tidal volume</li> <li>▪ Respiratory rate</li> <li>▪ Vital capacity</li> </ul> </li> </ul>	



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2	2-3	<b>Exercise physiology</b>	<ul style="list-style-type: none"> <li>▪ Gas exchange</li> <li>• Definitions and features of the energy systems               <ul style="list-style-type: none"> <li>▪ Anaerobic – adenosine triphosphate – creatine phosphate (ATP-CP)</li> <li>▪ Lactic acid</li> <li>▪ Aerobic</li> </ul> </li> </ul>	
2	4-5	<b>Exercise physiology</b>	<ul style="list-style-type: none"> <li>• Components of health-related fitness               <ul style="list-style-type: none"> <li>▪ Cardiorespiratory endurance</li> <li>▪ Muscular strength</li> <li>▪ Muscular endurance</li> <li>▪ Flexibility</li> <li>▪ Body composition</li> </ul> </li> <li>• Components of a performance-related fitness profile               <ul style="list-style-type: none"> <li>▪ Agility</li> <li>▪ Balance</li> <li>▪ Coordination</li> <li>▪ Reaction time</li> <li>▪ Speed</li> <li>▪ Power</li> </ul> </li> </ul> <p><b>Motor learning and coaching</b>            Explain the relationship between components of performance-related fitness and skill development in terms of balance, speed, strength, and flexibility</p>	<b>Task 4: game performance (Volleyball)</b> (12.5%)
2	6-7	<b>Exercise physiology</b>	<ul style="list-style-type: none"> <li>• Characteristics of warm-up and cool down               <ul style="list-style-type: none"> <li>▪ Aerobic/continuous activity</li> <li>▪ Stretching (muscle specific)</li> <li>▪ Specific to the game</li> <li>▪ Safe techniques</li> </ul> </li> <li>• Simple tests to measure fitness components               <ul style="list-style-type: none"> <li>▪ Step test</li> <li>▪ Grip test</li> <li>▪ Chin up test</li> </ul> </li> </ul>	<b>Task 5: Topic test Exercise Physiology</b> (3.75%)



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			<ul style="list-style-type: none"> <li>▪ Sit and reach tests</li> <li>▪ Skin-fold measurements</li> </ul>	
2	8-9	<b>Exams</b>		
2	10-11	<b>Biomechanics</b>	<ul style="list-style-type: none"> <li>• Definitions of biomechanical principles relating to motion               <ul style="list-style-type: none"> <li>▪ Linear motion – movement in straight line</li> <li>▪ Angular motion – rotation</li> <li>▪ General motion – combination of angular motion to create linear motion</li> </ul> </li> <li>• Phases of movement (preparation, action and follow through) and how they can assist with biomechanical analysis</li> <li>• Role of biomechanics               <ul style="list-style-type: none"> <li>▪ Improve performance</li> <li>▪ Prevent sports injuries</li> </ul> </li> </ul>	<b>Task 6: fitness testing assignment – exercise physiology (12.5%)</b>
3	1-2	<b>Motor learning and coaching</b>	<ul style="list-style-type: none"> <li>• Classification of motor skills               <ul style="list-style-type: none"> <li>▪ Environmental influences – open and closed</li> <li>▪ Muscular involvement – gross and fine</li> <li>▪ Continuity – discrete, continuous and serial</li> <li>▪ Difficulty – simple and complex</li> </ul> </li> <li>• Fitts and Posner model of the phases of learning               <ul style="list-style-type: none"> <li>▪ Cognitive (early)</li> <li>▪ Associative (intermediate)</li> <li>▪ Autonomous (final)</li> </ul> </li> </ul>	
3	3-4	<b>Motor learning and coaching</b>	<ul style="list-style-type: none"> <li>• Basic elements of a training session               <ul style="list-style-type: none"> <li>▪ Warm-up</li> <li>▪ Fitness session</li> <li>▪ Skill development</li> <li>▪ Culmination</li> <li>▪ Cool down</li> </ul> </li> <li>• Basic processes of coaching and/or teaching a skill               <ul style="list-style-type: none"> <li>▪ Introduce</li> </ul> </li> </ul>	<b>Task 7: skill performance (Basketball) (12.5%)</b>



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			<ul style="list-style-type: none"> <li>▪ Demonstrate and practice</li> <li>▪ Provide feedback</li> </ul>	
3	5-6	<b>Motor learning and coaching</b>	<ul style="list-style-type: none"> <li>• Observe skills using basic tools, schema and rubrics               <ul style="list-style-type: none"> <li>▪ Checklists</li> <li>▪ Video</li> </ul> </li> </ul>	<b>Task 8: topic test – motor learning and coaching</b> (3.75%) <b>Task 9: skill observation and analysis – motor learning and coaching</b> (12.5%)
3	7-8	<b>Sports psychology</b>	<ul style="list-style-type: none"> <li>• Factors to consider when preparing mentally for physical activity               <ul style="list-style-type: none"> <li>▪ Personal attitudes</li> <li>▪ Behaviours</li> <li>▪ Values</li> <li>▪ Participation</li> </ul> </li> <li>• Role of mental skills in creating a mind set to improve performance               <ul style="list-style-type: none"> <li>▪ Know yourself</li> <li>▪ Use positive mental talk</li> <li>▪ Believe in yourself</li> <li>▪ Use your mind's eye (mental imagery)</li> <li>▪ Learn from success and failure</li> </ul> </li> </ul>	
3	9-10	<b>Sports psychology</b>	<ul style="list-style-type: none"> <li>• Skills and strategies required for team building               <ul style="list-style-type: none"> <li>▪ Compromise</li> <li>▪ Commitment to group goals</li> <li>▪ Respect for others' values and trust</li> </ul> </li> </ul>	<b>Task 10: game performance (Basketball)</b> (12.5%) <b>Task 11: end of year examination</b> (10%)