



COURSE OUTLINE
PHYSICAL EDUCATION STUDIES – GENERAL YEAR 11: 2022
UNIT 1 AND UNIT 2



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



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



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			<ul style="list-style-type: none"> ▪ Trapezius ▪ Hamstrings ▪ Deltoids ▪ Pectoralis ▪ Latissimus ▪ Gluteus maximus 	
1	7-8	Functional anatomy	<ul style="list-style-type: none"> • Basic structure and function of tendons and ligaments • Body types (somatotypes) and their suitability to specific sports <ul style="list-style-type: none"> ▪ Endomorph ▪ Mesomorph ▪ Ectomorph 	Task 1: Topic Test- Functional anatomy (7.5%)
1	9-10	Functional anatomy	<ul style="list-style-type: none"> • Basic structure and function of the circulatory system <ul style="list-style-type: none"> ▪ Heart ▪ Arteries ▪ Veins ▪ Capillaries ▪ Blood • Basic structure and function of the respiratory system <ul style="list-style-type: none"> ▪ Lungs ▪ Diaphragm ▪ Alveoli 	Task 2: skill performance (Volleyball) (12.5%)
2	1	Exercise physiology	<ul style="list-style-type: none"> • Immediate responses of the circulatory system to physical activity <ul style="list-style-type: none"> ▪ Heart rate ▪ Stroke volume ▪ Blood pressure ▪ Cardiac output ▪ Maximal oxygen uptake (VO₂max) • Responses of the respiratory system to physical activity <ul style="list-style-type: none"> ▪ Tidal volume ▪ Respiratory rate 	



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



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			<ul style="list-style-type: none"> ▪ Sit and reach tests ▪ Skin-fold measurements 	
2	8-9	Exercise Physiology	<ul style="list-style-type: none"> • Exercise physiology fitness testing assignment 	Task 4: fitness testing assignment – exercise physiology (12.5%)
2	10	Biomechanics	<ul style="list-style-type: none"> • Definitions of biomechanical principles relating to motion <ul style="list-style-type: none"> ▪ Linear motion – movement in straight line ▪ Angular motion – rotation ▪ General motion – combination of angular motion to create linear motion • Phases of movement (preparation, action and follow through) and how they can assist with biomechanical analysis • Role of biomechanics <ul style="list-style-type: none"> ▪ Improve performance ▪ Prevent sports injuries 	
3	1-2	Motor learning and coaching	<ul style="list-style-type: none"> • Classification of motor skills <ul style="list-style-type: none"> ▪ Environmental influences – open and closed ▪ Muscular involvement – gross and fine ▪ Continuity – discrete, continuous and serial ▪ Difficulty – simple and complex • Fitts and Posner model of the phases of learning <ul style="list-style-type: none"> ▪ Cognitive (early) ▪ Associative (intermediate) ▪ Autonomous (final) 	
3	3-4	Motor learning and coaching	<ul style="list-style-type: none"> • Basic elements of a training session <ul style="list-style-type: none"> ▪ Warm-up ▪ Fitness session ▪ Skill development ▪ Culmination ▪ Cool down • Basic processes of coaching and/or teaching a skill 	Task 5: skill performance (Basketball) (12.5%) Task 6: topic test – motor learning and coaching (7.5%)



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