



Course Content

Softball (mixed) - students will experience the full rules and regulations of softball as a strike and fielding sport. Motor skills they will focus on developing will consist of throwing, catching and batting. They will then apply these skills in a constructive full game situation.

Volleyball (girls) - students will experience the full rules and regulations of volleyball, and will focus on motor skill development in dig, set, and under arm serving, and then apply those newly learnt or developed skills within the construct of a game situation.

Badminton (boys) - students will experience the full rules and regulations of badminton, and will focus on motor skill development in forehand, backhand, serving and movement around the court in both singles and doubles. They will also have the opportunity to apply those newly learnt or developed skills within the construct of a game situation.

Swimming - Pool safety, water confidence, basic to advanced butterfly, diving and streamline.

Fitness - Cardiovascular fitness, body shape and circuit training for fitness and sport.

Resources

N/A

Assessment

- Physical Education assessment will be based upon the following effort, balance and coordination during all activities.
- Level D-E Students link skills, techniques and apply them accurately.
- Level B-C Students select and combine skills, techniques and apply them accurately throughout the activity
- Level A-A* Students select and combine skills, techniques and use them in a widening range of familiar activities. Performing with consistent precision, control and fluency.