

ASSESSMENT OUTLINE 2016

ATAR PHYSICAL EDUCATION YEAR 12

UNIT 3 & UNIT 4

Assessment Type	Task Description	EGC Weighting	Due Date
SCaSA Weighting			
Practical (performance) 21%	Task 1: Skill Performance Skills assessment based on the Scasa Touch Rugby examination materials	5.25%	<i>Term 2</i> <i>Week 2</i>
	Task 2: Game Performance Game assessment based on the Scasa Touch Rugby examination materials	5.25%	<i>Term 2</i> <i>Week 4</i>
	Task 7: Skill Performance Skills assessment based on the Scasa Touch Rugby examination materials	5.25%	<i>Term 3</i> <i>Week 8</i>
	Task 8: Game Performance Game assessment based on the Scasa Touch Rugby examination materials	5.25%	<i>Term 3</i> <i>Week</i>
Practical Exam 9%	Task 6: Practical Examination Soccer assessment based on the Scasa Touch Rugby examination materials	4.5%	<i>Term 2</i> <i>Week 15</i>
	Task 12: Practical Examination Touch Rugby assessment based on the Scasa Touch Rugby examination materials	4.5%	<i>Term 3</i> <i>Week 8</i>
Investigation 14%	Task 3: Biomechanics & Exercise Physiology In-class investigation – lab activity	7%	<i>Term 2</i> <i>Week 3</i>
	Task 9: Sports Psychology, Motor Learning & Coaching In-class investigation – research task	7%	<i>Term 3</i> <i>Week 7</i>
Response 17.5%	Task 4: Biomechanics & Functional Anatomy In-class timed multiple choice, short answer and extended answer response	10%	<i>Term 1</i> <i>Week 9</i>
	Task 10: Exercise Physiology & Sports Psychology In-class timed extended answer response	7.5%	<i>Term 3</i> <i>Week 2</i>
Exam 38.5%	Task 5: Semester One Exam Semester 1 course content	16%	<i>Term 2</i> <i>Week 6</i>
	Task 11: Semester Two Exam Semester 1 & 2 course content - MOCK exam	22.5%	<i>TBC</i>

It is expected that all assessments will be completed to the best of your ability and be submitted by the deadlines set. Please make yourself aware of the Assessment Policy as failure to meet deadlines has severe consequences.

Student Signature: _____

Parent/Guardian Signature: _____

ATAR PHYSICAL YEAR 12

Week	Topics/Syllabus	Assessment	Resources
Term 1			
1 - 15	Developing physical skills, strategies and tactics <ul style="list-style-type: none"> refine and adapt soccer movement skills in modified and competitive situations focusing on consistency, precision, fluency and control adapt and implement strategic soccer responses varying in complexity to situational demands in modified competitive practical situations. http://www.scsa.wa.edu.au/internet/Senior_Secondary/Courses/WACE_Courses/Physical_Education_Studies <p>Note: The above content areas are ongoing and will be addressed throughout the practical skill development teaching and learning activities using Touch Rugby.</p>	Task 1: Skill Performance Soccer Task 2: Game Performance Soccer	Scasa Touch Rugby examination materials
1 - 2	Biomechanics: <ul style="list-style-type: none"> definition of momentum and how it applies to a selected sport, conservation of momentum (Newton's Second Law of Motion), impulse-momentum relationship, definition and application of the following concepts in a set sport moment of inertia, angular momentum application of biomechanical principles to analyse physical skills – balance, coordination continuum, force-motion, force-time, inertia, optimal projection, range of motion, segmental interaction, spin, torque 		Nelson Physical Education Studies text section 4
3 - 4	<ul style="list-style-type: none"> three classes of levers relationship between torque and the use of levers in sport: torque = force x perpendicular distance of lever arm coefficient of restitution, 		Nelson Physical Education Studies text section 4
5 - 6	Biomechanics: <ul style="list-style-type: none"> definitions of fluid, laminar and turbulent flow definitions of pressure drag (form drag), surface drag (skin friction) and wave drag and how they apply to sporting contexts Bernoulli's principle - effect of shape and pressure differential, changes in flight paths in spinning balls—the Magnus effect in relation to - top spin, back spin, side spin, no spin. 		Nelson Physical Education Studies text section 4
7 - 8	Functional Anatomy: <ul style="list-style-type: none"> structure of skeletal muscle – epimysium, fascicle, perimysium, muscle fibre, myofibril the role of myosin, actin and the sarcomere in sliding filament theory 		Nelson Physical Education Studies text section 3
9 - 10	Functional Anatomy: <ul style="list-style-type: none"> relationship between muscle contraction and nerve function force-velocity, force – length function of nerves, spinal cord, motor unit (dendrite, axon, neuron) characteristics of fast and slow twitch fibres and their relationship to physical performance types (sprint, endurance) Type I, Type IIa, Type IIb 	Task 4 Response Biomechanics and Functional Anatomy Week 9	Nelson Physical Education Studies text section 3

Week	Topics/Syllabus	Assessment	Resources
Term 2			

1-2	Exercise Physiology: <ul style="list-style-type: none"> relationship between energy demands and nutritional requirements during physical activity nutritional considerations – balanced diet, glycemic index, fats, proteins, carbohydrates, fluid replacement physiological changes brought on by the use performance enhancers - protein powders, anabolic steroids , stimulants phases of activity – pre-competition, during exercise, recovery. 		Nelson Physical Education Studies text section 5
3-4	Exercise Physiology: <ul style="list-style-type: none"> training programs designed to improve performance in relation periodisation: micro cycle, macro cycle, pre-season, in-season ,specific energy system requirements, peaking, overtraining, in athletes, tapering, recovery, maintenance implications of preparing and performing in varying environmental conditions - heat/humidity, altitude, cold 	Task 3 Biomechanics & Exercise Physiology Week 3	Nelson Physical Education Studies text section 5
5	Revision Revision of all units covered during the theory component		
6	End of Semester 1 exam	Task 5 Week 6	
END OF SEMESTER 1			
1 - 15	Developing physical skills, strategies and tactics <ul style="list-style-type: none"> refine and adapt Touch Rugby movement skills in modified and competitive situations focusing on consistency, precision, fluency and control adapt and implement strategic Touch Rugby responses varying in complexity to situational demands in modified competitive practical situations. http://www.scsa.wa.edu.au/internet/Senior_Secondary/Courses/WACE_Courses/Physical_Education_Studies <p>Note: The above content areas are ongoing and will be addressed throughout the practical skill development teaching and learning activities using Touch Rugby.</p>	Task 7: Skill Performance Touch Rugby Task 8: Game Performance Touch Rugby	Scasa Touch Rugby examination materials
7-8	Sports psychology <ul style="list-style-type: none"> mental skills strategies used pre-, during and post-performance to manage stress, motivation, concentration, self-confidence . 		Nelson Physical Education Studies text section 6
9-10	Sports psychology <ul style="list-style-type: none"> arousal levels - self-talk, relaxation, performance routines, goal-setting, imagery 		

Week	Topics/Syllabus	Assessment	Resources
Term 3			
1-2	Sports psychology <ul style="list-style-type: none"> Carron's model of group cohesion, strategies to improve group cohesion, factors affecting group cohesion – 	Task 10 Exercise Physiology &	Nelson Physical Education Studies text section 6

	environmental, leadership, personal	Sports Psychology Week 2	
3 - 4	Motor Learning and Coaching <ul style="list-style-type: none"> definition of transfer of learning, categories of transfer of learning - skill to skill, theory to practice, training to competition, effects of transfer of learning , positive, negative, zero effects impact of positive, negative and zero effects of transfer of learning on skill execution and movement efficiency analyse movement skills of self and others to identify errors, provide feedback and suggest corrections to improve performance 		Nelson Physical Education Studies text section 2
5 - 6	Motor Learning and Coaching <ul style="list-style-type: none"> learning and skill development in relation to correction and improvement of self and others - use of video analysis reflective journals, peer/mentor/coach feedback, questionnaires use checklists and video to analyse and reflect on the performance of self and others in physical activity 		Nelson Physical Education Studies text section 2
7	Motor Learning and Coaching <ul style="list-style-type: none"> design coaching/training activities to improve performance in selected skills, including shaping, chaining, static-dynamic, simple-complex, use of different leadership styles – democratic, authoritarian and laissez-faire to suit audience needs 	Task 9 Sports Psychology, Motor Learning & Coaching Week 7	Nelson Physical Education Studies text section 2
8	Developing physical skills, strategies and tactics <ul style="list-style-type: none"> Select and adapt skills and techniques in dynamic and challenging environments. select and apply advanced tactical responses varying in complexity- various environmental conditions, strengths and weaknesses of opposition, responding to opposition phases/stages of play select and adapt tactics in a variety of competitive situations 		
9 - 10	Revision <ul style="list-style-type: none"> Revision of all units covered during the theory component End of year exam 		
	Exams End of year practical exam End of year MOCK theory exam	Task 11 Task 12 TBC	