



## **VCE INDUCTION PACKAGE**

## **UNITS 1 AND 2**

## **PHYSICAL EDUCATION**



## Welcome letter

Dear students,

Welcome to Physical Education Units 1 and 2. If you are well organised, motivated and have a good work ethic, you will have an enjoyable and successful year in Physical Education. This will have a significant impact on your preparedness for Unit 3 and 4.

In order to get the most out of this course, there are a number of things that we strongly suggest that you do over the summer and continue throughout the year.

1. Complete the holiday homework task by the due date.
2. Familiarise yourself with the detailed course outline provided in this package.
3. Develop a good working relationship with your class teachers and maintain regular communication with them throughout the year.
4. Develop a study timetable that will assist you in meeting the work deadlines.
5. Ensure that you become familiar with the resources (prescribed textbook, websites, notes, other textbooks)
6. Visit the VCAA website regularly to familiarise yourself with past examination papers and to read the examiners' reports: [www.vcaa.vic.edu.au](http://www.vcaa.vic.edu.au)
7. Become familiar with the school's VCE compliance policy by reading the VCE handbook located on Compas
8. Communicate with students who have studied the subject in previous years to get their perspective and suggestions for success.
9. Ensure that you have a balanced life that consists of schoolwork, exercise, sport, leisure, rest and a healthy diet.

If you have any queries about the course, please contact me at school or by email.

On behalf of the Physical Education Study staff, we wish you all the best for your studies next year,

Regards,  
Ms. Plant, Mr. Clements and Ms. Eccles

## Email addresses/Staffroom locations of Staff teaching subject

NAME OF TEACHER	EMAIL ADDRESS	LOCATION
David Clements	<a href="mailto:clements@vermontsc.vic.edu.au">clements@vermontsc.vic.edu.au</a>	PE office and Library office
Suzanne Plant	<a href="mailto:plants@vermontsc.vic.edu.au">plants@vermontsc.vic.edu.au</a>	Admin office (Assistant Principal)
Alysha Eccles	<a href="mailto:Ecclesa@vermontsc.vic.edu.au">Ecclesa@vermontsc.vic.edu.au</a>	PE office

## Key Dates/Timelines of Topics, Outcomes and Activities Assessment dates

### UNIT 1

#### Assessment Tasks – Unit 1

	TOPIC	Assessment Type	Date	% Contribution to final grade
SAC 1	Muscular and Skeletal Systems	Written test	Week 6 Term 1	20%
SAC 2	Injury Prevention and Rehabilitation	Video presentation	Week 9 Term 1	10%
SAC 3	Cardiovascular and Respiratory Systems	Written test	Week 4 Term 2	20%
SAC 4	Analysing participation in practical activities	Written Report	Week 5 Term 2	20%
UNIT 1 – Exam			Exam Week Term 2	30%

	TOPIC	Assessment Type	Date	% contribution to final grade
SAC 1	Implementation of Physical Activity plan	Written test	Week 5 Term 3	25%
SAC 2	Evaluation of Physical Activity plan	Written test	Week 9 Term 3	25%
SAC 3	Contemporary issues	Written report or oral presentation	Week 3 Term 4	20%
UNIT 2 – Exam			Exam Week Term 4	30%

## **Coursework Requirements**

For an outcome to be scored, complete the prescribed coursework questions **before** the date of the outcome.

If you are absent for a scheduled SAC, you will need a medical certificate and arrange a reschedule with your Student Manager. If you do not have a medical certificate, you will sit the SAC for an S/N only and will receive a UG (ungraded) as the result on the SAC.

## **Satisfactory Requirements**

To obtain an S for each unit students are to:

- Attend a minimum of 90% of classes
- Complete the coursework
- Obtain at least 40% on all outcomes.

However, this is obviously the minimum requirement and will not prepare you adequately for Year 12. Students who do not do well in Year 11 are highly unlikely to be able to 'suddenly work hard' and achieve good grades in Year 12. The Unit 1 and 2 Exams will make up 30% of your overall grade in each unit and together with your achievement level on your SACs will be the best indication of how you are likely to perform in Unit 3 and 4.

## **Requirements in Practical Classes**

As an integral part of the course, practical classes are used to enhance the understanding of the theoretical components of the course. You will need a note from your parents if you are injured or unwell and cannot participate. You need to be changed into your PE uniform, including a hat in term 1 and 4 and appropriate footwear. You must get changed back into school uniform unless it is period 4. A written report will need to be completed and submitted at the end of each practical class. These written reports will be used as the basis for the final assessment task in Unit 1 and 2. It is highly recommended that you keep these reports in a separate file or display book to bring into the SAC at the end of the semester.

## **HOLIDAY HOMEWORK.**

1. Complete the Practical Softball Report.
2. Read Chapter 2 – to page 27. Find on Moodle.
3. Create a summary for Chapter 2 (up to page 27). This could be the Glossary on Teams or a Quizlet, summary document, flash cards – whatever will be the best study tool for you.
4. Begin the glossary terms below.
5. Complete the below questions.
6. Make a short video clip of yourself, demonstrating the anatomical movement actions (page 24-26). You will need to annotate the clip to show your understanding each movement. BE CREATIVE.

*This is due during our first lesson of Term 1.*

## Unit 1 VCE Physical Education Course Outline

Week	Unit 1 Topic	Text pages	Content	Assessment Tasks	Homework & Coursework requirements
<b>Term 4, Transition</b> Week 1	Introduction to VCE PE AOS 1 – How does the musculoskeletal system work to produce movement - Skeletal system	17-27	Anatomical terms Skeletal system structure	1. Softball Prac – Skeletal system	
<b>Term 1</b> Week 1	Skeletal system	17-27	Types of joints, joint movements		
Week 2	Skeletal system completed Introduce Muscular system	27-50	Types of muscles	2. Weight Training	
Week 3	Muscular system	27-50	Reciprocal inhibition, muscle fibres, slow and fast twitch fibres	3. Netball Fast and Slow twitch Muscle fibres	
Week 4	Muscular system	27-50	Microscopic structure of muscles	4. Strength Lab (in class)	
Week 5	Muscular system Performance enhancement	27-50	Sliding filament theory All or nothing principle Size principle Recruitment Glycolytic capacity	NOTHING	
Week 6	Performance Enhancement	73-94	Legal and Illegal methods to enhance performance of the muscular skeletal system	<b>SAC 1 - Musculo-skeletal Systems SAC</b>	
Week 7	Musculo-skeletal injury prevention	51-72	Muscular Skeletal injuries and prevention	5. Pilates Prac.	
Week 8	Musculo-skeletal injury prevention	51-72	Muscular Skeletal injuries and prevention	6. Resistance training	
Week 9	Musculo-skeletal injury prevention	51-72	Research, Preparation and Presentation.	<b>SAC 2 - Injury prevention SAC</b>	
Week 10	Cardiovascular System	96 - 115	Structure and Function 1. Power point +questions 1-19 2. Power Point + Blood Pressure 3. Acute Response Lab/Prac.	7. Touch rugby (thermregulation, beanies, pants, jumpers)	

Term 2					
Week 1	Cardiovascular System	96 - 115	1. Acute Responses 2. Respiratory System 3. Beep Test/12 minute run.	8. Acute responses - HR	
Week 2	Respiratory System	116 - 128	Structure and Function 1. Respiratory Presentation 2. Questions. 3. Acute Responses	8b. Lung capacity ( in class) 9. Coopers	
Week 3	Respiratory System	116 - 128	1. Cardio respiratory Health 2. Illegal and Legal 3. Aerobic training	Long interval	
Week 4	Factors effecting the Cardiorespiratory system	129 - 144	Test - Chronic Adaptation / Review Consolidation.	SAC 3 - Cardiovascular and Respiratory System test	
Week 5	Performance Enhancement Introduction to Physical Activity, Sport and Exercise	144 - 155 2-17	Legal and Illegal methods to enhance performance of the cardiovascular and respiratory systems.	SAC 4 - Written Report - Analysing practical activities	
Week 6	EXAM WEEK UNIT 1 EXAM				
Week 7	EXAM WEEK - GAT/FORMAL				
Week 8	START UNIT 2 - Energy Systems	Notes provided	ATP 1. 3 Energy Systems		
Week 9	Energy Systems			Prac - ATP - PC	
Term 3					
Week 1	Health benefits of physical activity – dimensions and domains of PA - FITT	158 -	Presentation and notes	Prac - Measuring intensity	
Week 2	Measurement tools		Presentation, notes and begin PA diary	Prac - Direct observation SOFIT Prac - SOPLAY observation	
Week 3	Physical activity and sedentary behaviour guidelines		Complete diary (7 days of PA) self and other (recall survey). If you meet the PA guidelines target another person	Prac - Walking audit	
Week 4	Barriers and enablers to PA			Prac - Playground	
Week 5	Revision		Revision and practice SAC	SAC one - evaluating PA levels from diary	
Week 6	SEM and YPAP – levels of influence. Changing PA behaviour		Presentation Develop PA plan	Prac - Sedentary workout	
Week 7	SEM and YPAP		Critique questions	Prac - Dog walking	

			Implement PA plan (2 weeks)		
<b>Week 8</b>	SEM and YPAP		Text questions. Unit 3/4 exam questions	<b>Frisbee</b>	
<b>Week 9</b>	Revision for SAC		Practice SAC, questions, exam questions	<b>SAC two – Implementation and evaluation of PA plan – SEM and YPAP</b>	
<b>Week 10</b>	Contemporary issues introduction and expectations.		Presentation, reading	<b>Consolidation</b>	
<b>Term 4</b>					
<b>Week 1</b>	Contemporary issues		Identify issues Discuss collection of primary data	<b>Prac - Sport for the disabled. Blind soccer and no-thumbs netball</b>	
<b>Week 2</b>	Contemporary issues		Research and production Apply the SEM for critique	<b>Neil's toolbox for Harvard referencing</b>	
<b>Week 3</b>	Contemporary issues		Working on contemporary issue	<b>SAC three due – report or presentation</b>	
<b>Week 4</b>	Biomechanics – linear motion		Speed, velocity, displacement, distance and acceleration Questions	<b>Displacement and speed lab</b>	
<b>Week 5</b>	Biomechanics Exam revision		Application and lab write up		
<b>Week 6</b>	Exam revision				
<b>Week 7</b>	Exams				
<b>Week 8</b>	Exams				
<b>Week 9</b>	Year 12 transition				
<b>Week 10</b>	Holidays				

## Sources of support for the Study

### Links

VCAA Physical Education <http://www.vcaa.vic.edu.au/vce/studies/physicaledu/phyeduindex.html>

Microsoft Teams – PowerPoints & Files

OneNote - Coursework

### References

- Textbooks in the Library
- Nelson Physical Education VCE Units 1 & 2 (Edition 2 – new in 2017). *It is the one with the swimmer on the front and is predominantly blue. You must bring your text book to every class.*
- Nelson PE Workbook VCE Physical Education Units 1 and 2.

### Useful Websites

VCAA

<http://www.vcaa.edu.au>

AIS

<http://www.ausport.gov.au/ais>

## Materials Required - to be brought to EVERY class

Writing materials: pens, grey lead pencil, ruler and highlighters

Text:

- Nelson Physical Education VCE Units 1&2 (Edition 2 – new in 2017). It is the one with the swimmer on the front and is predominantly blue. You must bring your text book to every class.
- Printed Notes
- Nelson Physical Education Workbook VCE Units 1&2
- Folder to keep all notes given out in class
- Plastic folder to keep all practical reports
- Electronic device – connected to the VSC intranet