

Year 10 Physical Education

UNIT GOALS

The specific goals of this unit are for students to:

- Uses a variety of equipment in group game activities showing an understanding of communication, cooperation and rules
- Takes part in activities that contribute to the development of different aspects of fitness
- Devise, adapt and use a range of strategies in games
- Demonstrate confidence in team and individual sports
- Takes part in activities that contribute to the development of different aspects of fitness
- Performs, coordinates and adapts movement and skills to participate in competitive and non-competitive situations

UNIT OVERVIEW

- Students will be given chance to develop a range of Touch Football skills (Term 1) and Volleyball skills (Term 2) and develop an understanding of the rules of these games.
- Students will undergo a series of fitness tests early in Term 1

ASSESSMENT DETAILS

	Assessment Task	Week Due	Weighting (%)
Term 1			
AT1	Fitness Test evaluation	Week 4	5
AT2	Touch Football peer assessment	Week 6	5
AT3	Touch Football Performance checklist	Week 7	40
Term 2			
AT3	Volleyball peer assessment	Week 6	5
AT4	Volleyball Performance checklist	Week 7	45
AT5			

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