



YEAR 11 PHYSICAL EDUCATION WORK PLAN: Semester 2, 2017 – Mr Palmer

UNIT	TERM 3 TOPICS	ASSESSMENT	DUE DATE
3b	Practical LIFESAVING – POOL Follow RLSS Bronze Medallion course. Lifesaving strokes and rescue techniques, Patient assessment and application of first aid Fitness assessment in the pool and improving swim technique and fitness – use of fitness tests to assess different areas of fitness – speed, phosphate recovery, aerobic	Lifesaving – continuous in class assessment FORMATIVE Research Report 800-1000 words	Week 7
3a	Theory Energy Systems and principles of training Ref Text Chapters 11, 12, 14, 15 <ul style="list-style-type: none"> • The energy systems, components of fitness, fitness testing • Oxygen consumption and delivery • Principles of training • Training methods Developing a swim training session suitable to improve ability in the swim component of lifesaving	Design a personalised pool based training session to improve swim component of surf lifesaving. Justify its relevance with reference to training methods chosen and principles of training. FORMATIVE	Draft – 25/8/17 Week 9 Due 7/9/17
UNIT	TERM 4 TOPICS	ASSESSMENT	DUE DATE
4.b	Practical Volleyball Introduction to basic shots and development of basic skills Set , dig, spike, serve Court positioning and rotation – use of specialised setter in rotation Defensive patterns and blocking Transition play from defence to attack	Volleyball – continuous in class assessment FORMATIVE Research Assignment Analytical Exposition – multi-modal presentation 3 – 5 mins with a combination of at least 2 modes of presentation (eg. Commentary, video, power Point) Justify how an understanding of Biomechanics helped achieve performance goals in volleyball. FORMATIVE	Week 6 Draft – 10/11/17 Week 8 Due – exam block
4.a	Theory Learning Physical Skills – Biomechanical understanding and its influence on learning and performing a physical activity. Force text ref chap 7 Momentum text ref chap 8 Air and water forces – text ref chap 9 Application of Biomechanical Knowledge – text chap 10		

This work plan was last updated on Wednesday, 26 July 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.