

Year 10 Health & Physical Education Extension
Learning & Assessment Overview 2021

Semester 1				Semester 2			
HPX 10.01 Sports Psychology Games we Play – Lawn Bowls		HPX 10.02 PT Yourself Strength and Conditioning		HPX 10.03 Energy Systems Touch football		HPX 10.04 Biomechanics Volleyball	
In this unit, students will investigate the impact of psychological techniques on sports performance for athletes and their teams. Basic skills, concepts & strategies of lawn bowls, drills & game play and examining the role of sport on the lives of the bowls club members.		Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities. Role of physical activity, outdoor recreation and sport in the lives of Australians & how it has changed over time, creating a personalised plan for improving a targeted community groups' physical activity and fitness levels & working collaboratively to design, apply and evaluate the fitness plan		Students have an introduction to fitness testing, Fitness components, Energy Systems, Athlete suitability and recommended Training methods. Introduction to rules, Dumping, Rucking, Arrows, Cut out ball, Switches, Wraps, Line Attack, Subbing methods, Defensive patterns, Numbered drill, Modified and full game situations.		Students have an introduction to the study of the mechanical laws relating to the movement or structure of living organisms Team work, leadership, fair play and cooperation, basic skills of dig, set, spike, block & serve, attack & defence concepts and strategies in drills, 4v2, 6v3 & game play scenarios.	
Unit Duration Weeks 1 - 10 (10 weeks)		Unit Duration Weeks 11 - 20 (10 weeks)		Unit Duration Weeks 21 - 30 (10 weeks)		Unit Duration Weeks 31 - 38 (8 weeks)	
Assessment Task/s				Assessment Task/s			
HPX 10.01.01 Investigation- Inquiry <i>Technique:</i> Extended response-analytical expositoin <i>Mode:</i> Written <i>Conditions:</i> 600-800 words <i>Issued:</i> Week 1 <i>Due:</i> Week 9	HPX 10.01.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 1 <i>Due:</i> Week 10	HPX 10.02.01 Investigation - Inquiry <i>Technique:</i> Report <i>Mode:</i> Written <i>Conditions:</i> 600-800 words <i>Issued:</i> Week 11 <i>Due:</i> Week 19	HPX 10.02.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 11 <i>Due:</i> Week 19	HPX 10.03.01 Project- Folio <i>Technique:</i> Extended response <i>Mode:</i> Written/Visual <i>Conditions:</i> 3-4 minutes <i>Issued:</i> Week 21 <i>Due:</i> Week 28	HPX 10.03.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 21 <i>Due:</i> Week 28	HPX 10.04.01 Exam <i>Technique:</i> Combination response <i>Mode:</i> Written <i>Conditions:</i> 600-800 words <i>Issued:</i> Week 37 <i>Due:</i> Week 37	HPX 10.04.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 31 <i>Due:</i> Week 37