

Physical Education

LEVEL 1

Credits: 16-19

Leads onto: Level 2 Physical Education

Level 1 Physical Education is an academic subject which will have a ratio of approximately one theory and three practical lessons throughout the year, but has a significant written component. Students will experience a range of physical activities and will develop the theoretical knowledge to improve their personal performance and sports fitness. Students' will benefit from a sound knowledge base of anatomy and basic biomechanical principles which will be applied to selected practical activities. Students need to be motivated, enthused and complete work in their own time to be successful. This is a very challenging but rewarding subject.

Cost: Approximately \$21 for the course workbook. KVC Physical Education uniform. Appropriate road shoes for running.

Teacher Contact: Mr Scott

Physical Education

LEVEL 2

Credits: 18 - 24

Leads onto: Level 3 Physical Education

Level 2 Physical Education is an academic subject which will have a ratio of two theory and two practical lessons. It will cover a variety of different individual and physical activities. Students will experience a range of scenarios where knowledge of physical education can be applied whilst improving their performance in different physical activities. Students' knowledge of biomechanics and anatomy will be increased and built on from previous years. Practical work includes a mountain bike trip and laboratory work coupled with practical gymnasium and other sessions. Students need to be motivated, enthusiastic and complete work in their own time to be successful. This is a very challenging but rewarding subject.

Costs: \$25 for workbook

Teacher Contact: Ms Cuthbert

Physical Education

LEVEL 3

Credits: 18 - 24

Leads onto: Tertiary studies

Level 3 Physical Education is an academic subject which will have a ratio of approximately two theory and two practical lessons throughout the year. Students will experience a range of real life scenarios where knowledge of physical education can be applied. Planning and evaluating fitness programmes, analyzing movements, developing leadership skills and working with other students in Physical Education programmes are the main areas of study. Students need to be motivated and enthused and **complete work in their own time** to be successful. It is envisaged that students have completed a full Level 1- 2 course.

Cost: Approximately \$25 for workbook

Teacher Contact: Ms Cuthbert