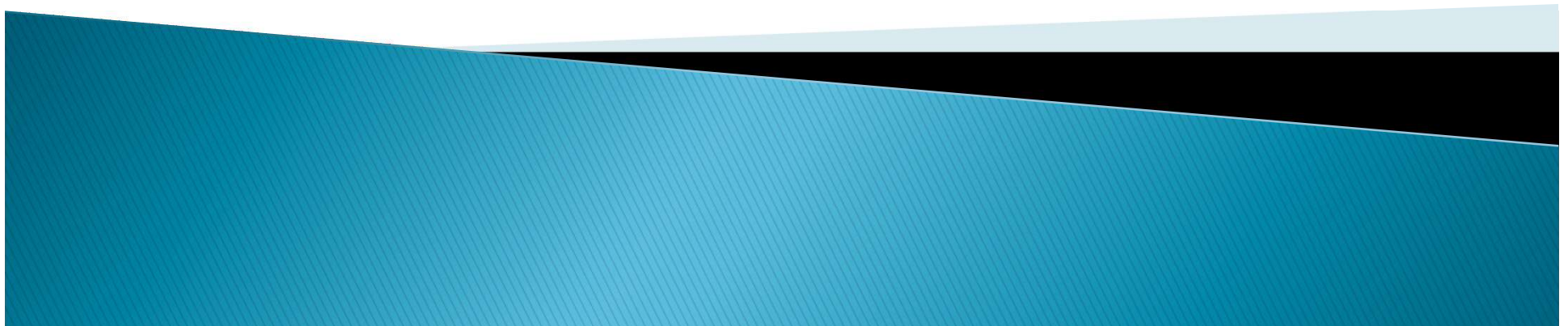


# Year 9 Physical Education Subjects

Year 9 Core P.E  
Health  
Footy Codes of the World  
Racquet and Striking  
Outdoor Education  
Codes of the World  
Healthy Me (Girls)



# Year 9 Core P.E

- ▶ **Practical Classes:**
- ▶ Striking Sports
- ▶ Net Sports
- ▶ Invasion Sports

- ▶ **Focus:**
- ▶ Strategies and Tactics
- ▶ Skill development during games
- ▶ Offense and Defence


## Theory Classes:

- ▶ Muscular System
- ▶ Circulatory System
- ▶ Skeletal System

Leads into Year 10 Core P.E and VCE Physical Education




# Year 9 Health

- ▶ Theory:
  - ▶ Nutrition
  - ▶ Sexual Health
  - ▶ Drug Education
  - ▶ First Aid
- \* This subject is an introduction to Health and can be continued in Yr.10 Game of Life.
- ▶ Students will gain an understanding of the above concepts. It will involve class discussions, group and individual tasks, practical applications, assignments, oral presentations and class notes.
- 

# Year 9 Racquet and Striking


- ▶ **Sports:**
  - ▶ Badminton
  - ▶ Squash
  - ▶ Racquetball
  - ▶ Bat Tennis
  - ▶ Table Tennis
  - ▶ Tennis
  - ▶ Indoor and Outdoor Cricket
  - ▶ Softball
  - ▶ Baseball
  - ▶ Golf
  - ▶ Hockey
  - ▶ Thunderhoc
  - ▶ Softcrosse
  - ▶ Toccer
- ▶ **Theory:**
  - ▶ Team and Individual Strategies
  - ▶ Rules and scoring systems relevant to the various sports
  - ▶ Safety aspects involved
  - ▶ Skill acquisition
  - ▶ Principles of training

Leads into Year 10 Physical Education, Individual Activities, Superfit, VCE Physical Education



# Year 9 Footy Codes of the World

- ▶ Sports:
  - ▶ A.F.L
  - ▶ Rugby League
  - ▶ Rugby Union
  - ▶ Soccer
  - ▶ Indoor Soccer
  - ▶ N.F.L (Gridiron)
  - ▶ Fusbab
  - ▶ Gaelic Football
  - ▶ International Rules
  - ▶ Oz Tag
- ▶ Theory:
  - ▶ Team and Individual Strategies
  - ▶ Rules and scoring systems relevant to the various sports
  - ▶ Safety aspects involved
  - ▶ Skill acquisition
  - ▶ Principles of training



Leads into Year 10 Physical Education,  
Individual Activities, Superfit, VCE Physical  
Education

# Healthy Me(Girls)

- ▶ **Practical:**
  - ▶ Dance
  - ▶ Bowling
  - ▶ Gymnastics
  - ▶ Tennis
  - ▶ Badminton
  - ▶ Spin Cycle
  - ▶ Flexibility Training
  - ▶ Swimming
  - ▶ Resistance Training
- ▶ **Theory:**
  - ▶ Physical Activity in the Community
  - ▶ Physical Activity for Different Ages
  - ▶ Participation Rates
- ▶ **Leads into Body and Soul Year 10**



# Year 9 Outdoor Education

- ▶ **Course Includes:**
  - ▶ Overnight Cycling Camp
  - ▶ Overnight Hiking Camp
  - ▶ 2 Surfing Days
  - ▶ 2 Snorkelling Days
  - ▶ Orienteering
  - ▶ River Crossing
  - ▶ First Aid
- ▶ **Theory Includes:**
  - ▶ Risk Management
  - ▶ Navigation and map reading
  - ▶ Surf awareness
  - ▶ Snorkel and dive theory
  - ▶ Camping preparation
  - ▶ First Aid
  - ▶ Knot tying

Leads into: VCE Outdoor Education & Certificate 2 and 3 Outdoor Recreation



# Year 10 Physical Education Subjects

- ▶ Year 10 P.E Core
- ▶ Superfit
- ▶ Body and Soul (Girls)
- ▶ Individual Activities (Boys)
- ▶ Advance Surf Rescue
- ▶ Industry and Enterprise





# Year 10 Core P.E

## ▶ Practical:

- ▶ Invasion Sports
- ▶ Striking Sports
- ▶ Net Sports
- ▶ Focus
- ▶ Coaching
- ▶ Training Drills
- ▶ Strategies and Tactics

## Theory:

- ▶ Skeletal System
- ▶ Articular System
- ▶ Muscular System
- ▶ Respiratory System
- ▶ Energy Systems

Leads into: VCE Physical Education



# Body and Soul (Girls)

- ▶ **Practical:**

- ▶ Yoga
- ▶ Pilates
- ▶ Zumba
- ▶ Tai Chi
- ▶ Water aerobics
- ▶ Excursion
- ▶ Boot camp
- ▶ Meditation
- ▶ Other fitness related activities

- ▶ **Theory:**

- ▶ Basic health and fitness components
- ▶ Nutrition
- ▶ Body image
- ▶ Women's health

Leads into VCE Health and Physical Education



# Superfit

## Theory:

- ▶ Training Methods
- ▶ Training Principles
- ▶ Health and Fitness components
- ▶ Energy Systems
- ▶ Training Programs

## Practical:

- ▶ Circuit Training
- ▶ Continuous Training
- ▶ Interval Training
- ▶ Fartlek Training
- ▶ Weights Training
- ▶ Cross Training

Leads into VCE Physical Education



# Individual Activities (Boys)

- ▶ **Practical:**
- ▶ Bowling
- ▶ Tennis
- ▶ Golf
- ▶ Ten Pin Bowling
- ▶ Archery
- ▶ The Shed (skate boarding)
- ▶ Go Karting
- ▶ Trampoline
- ▶ **Theory**
- ▶ Basic Anatomy
- ▶ Team work
- ▶ Tactics in Sport
- ▶ Fair play
- ▶ Sportsmanship

Leads into: VCE Physical Education



# Advance Surf Rescue

- ▶ **Practical:**
  - ▶ Pool sessions (approx. 6 weeks)
  - ▶ Surfing X 3 days
  - ▶ Snorkeling
  - ▶ Pyramid Hill Exchange camp – 3 days
  - ▶ Wilsons Prom Hike – 3 days
  - ▶ Surf Bronze Camp – 3 days
  - ▶ Community Project
  - ▶ Volunteer Work
  - ▶ First Aid
- ▶ **Theory:**
  - ▶ Level 1 First Aid
  - ▶ Pool Bronze Medallion
  - ▶ Surf Bronze Medallion
  - ▶ Communication
  - ▶ Teamwork/Leadership
  - ▶ Community
  - ▶ Project management

Leads into VCE Outdoor Education and Certificate 2 and 3 Outdoor Recreation



# Industry and Enterprise

- ▶ Practical:
  - ▶ If students complete work experience they will gain Unit One Industry and Enterprise
- ▶ Theory:
  - ▶ Career Education
  - ▶ Sex Education
  - ▶ Drug Education
  - ▶ Human Development from conception to adolescence.

Leads into VCE Health

