



Course Information



Health and Physical Education





Physical Education Studies | PES

G2PES

Unit 2 The impact of physical activity on the body's anatomical and physiological systems.

Sports including soccer and tennis which are covered in the practical sport skills and tactics part of this unit. The integration of theory and practice are central to the studies.

The areas covered will include classifications of physical activity, the elements of a training session and terminology used to describe types of movements. Students will also have the opportunity to develop understandings to explain the relationship between components of performance related fitness and skill development, and the role of mental skills in creating a mind set to improve performance.

 Prerequisites Nil	 Type of Assessment 50% Practical (Performance) 25% Investigation 25% Response
 Year of Study Year 11	 Costs \$25