



## 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.

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