SPORT PERFORMANCE and GAMES

Duration: Semester Unit

DESCRIPTION

Sport Performance and Games aims to give students the opportunity to improve their skills in selected activities. This unit focuses on utilising Biomechanical and Skill Acquisition Principles to improve and understand performance. The theory component introduces a variety of topics, which are reinforced through involvement in practical sessions. Students may use a range of Technological Applications relating to sport performance. This elective provides a pathway into VCE Physical Education or VET Sport and Recreation.

VICTORIAN CURRICULUM FOCUS

MOVING THE BODY
Apply movement concepts and strategies to enhance performance

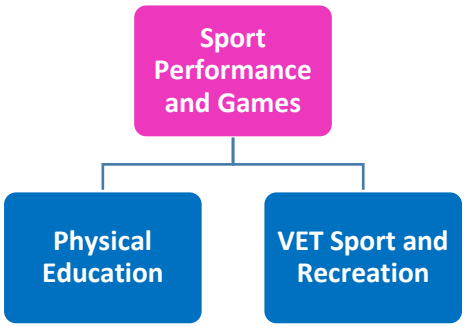
UNDERSTANDING MOVEMENT
Analyse and evaluate theories, techniques and strategies to enhance movement

SUBJECT REQUIREMENTS

- School PE Uniform
- iPad
- Folder to maintain class materials (including plastic pockets)

POTENTIAl PATHWAYS

(Subject to course availability)



YEAR 10

VCE /VCAL / VET

FURTHER STUDY/ POSSIBLE CAREERS