

Year Level: 11

Subject: Physical Education – Unit 2

Semester: 2

Week	Unit	Learning Focus
1	2	<b>Types of Physical Activity</b> <ul style="list-style-type: none"><li>○ Play, sport, transportation, chores, exercise and recreational activities</li></ul> <b>Concepts of Physical activity, physical inactivity and sedentary behaviour</b>
2		<b>Sociocultural influences on participation in PA across the lifespan</b> <ul style="list-style-type: none"><li>○ History, social, cultural, environment, geographic location, personal factors</li></ul> <b>Enablers and barriers to PA</b>
3		<b>Population trends in PA, sport and sedentary behaviour</b> <b>Benefits of regular PA and health risk of inactivity</b> <ul style="list-style-type: none"><li>○ Type 2 Diabetes, obesity</li></ul> <b>PA and Sedentary guidelines /FITT principle</b>
4		<b>Subjective and objective methods of assessing PS and sedentary behaviour</b> <ul style="list-style-type: none"><li>○ Recall survey, diary, pedometer, observation tools, personal activity tracker</li></ul> <b>Socio cultural influences on participation in PA</b> <ul style="list-style-type: none"><li>○ Historical, social, cultural, geographic, individual</li></ul> <b>Barriers and enablers to PA</b>
5		<b>Socio-ecological Model</b> <b>Promotion of Physical activity and sedentary behaviour reduction initiatives and strategies that target different populations</b> <ul style="list-style-type: none"><li>○ Based on age, gender, sex, disabilities, culture etc.</li></ul>
6		<b>Settings based approach to reduce sedentary behaviour and promote PA</b>
7		Revision of content in preparation for KAT (data analysis or Case study)
8		<b>Application of the socio-ecological model</b> <ul style="list-style-type: none"><li>○ Evaluate PA promotion and sedentary behaviour reduction strategies</li></ul> <b>Research and investigate contemporary issues associated with participation in PA and/or sport in society</b> <ul style="list-style-type: none"><li>○ Class based research to identify a number of issues</li></ul>
9		<b>Student Directed research task</b>
10		<ul style="list-style-type: none"><li>○ Select one topic from the issues that were identified</li></ul>
11		<ul style="list-style-type: none"><li>○ Research and collect data based information (local, national and global)</li><li>○ Evaluate the topic and indicate students perspective of the issue</li><li>○ Create and present findings reporting on the socio-cultural and environmental influences that impact on participation in physical activity and/or sport. (type of report to be discussed with or advised by teacher)</li></ul>
12		<b>Practical participation in a range of traditional aboriginal / Torres strait island games</b>
13		<b>Practical participation in a range of children modified games</b>
14		<b>Practical participation in a range of Olympic sports</b>
15		<b>Topic revision in preparation for SAT</b>
16		Exam Revision
17		EXAMS – PE SAC
18		Head start 2020