



Kalgoorlie-Boulder Community High School Course Outline

Health & Physical Education Year 10 2016

Health Education Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Examination (C / NYC) Assessments (C / NYC) Interpersonal Skills - Informal Self-management Skills - Informal	Unit 1 – Becoming a Driver - Graduated Driver Training and Licencing System - Licencing Questions	Year 10 Keys For Life Practice Examination (IC) Multiple Choice Short Answer
2		Unit 1 – Becoming a Driver - Advantages and Disadvantages - Road Signs	Extended Answer (Competent / Not Yet Competent)
3		Unit 1 – Becoming a Driver - Responsibilities and Consequences - Learning Road Rules - What's the Law? *Year 10 Keys For Life Assessment – Journal Check	Year 10 Keys For Life Assessment (IC) Part A Part B (Competent / Not Yet Competent)
4		Unit 3 – Why Crashes Happen - What's the Risk - Driver Triangle (Environment, Person, Vehicle)	Observational Checklist (IC) (Interpersonal Skills – Informal)
5		Unit 3 – Why Crashes Happen - What's a Standard Drink - Alcohol and Other Drugs and Driving	Observational Checklist (IC) (Self-management Skills – Informal)
6		Unit 3 – Why Crashes Happen - Fatigue - Reduction Strategies - Advertisements *Year 10 Keys For Life Assessment – Journal Check	Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE - Informal).
7		Unit 3 – Why Crashes Happen - Seatbelt Effectiveness - Scenarios - Advertisements	Students are provided with regular direct feedback on classwork and achievement.
8		Unit 3 – Why Crashes Happen - Attitudes about Speeding - Speed and Stopping Distances	Informal assessments occur on an ongoing basis to provide balance of academic performance.
9		Unit 3 – Why Crashes Happen - Driver Distraction - Driver Decisions - Peer Pressure	
10		Road Safety Campaign *Year 10 Keys For Life Assessment – Journal Check	

(IC) = In-Class Assessment (AH) = At-Home Assessment



Kalgoorlie-Boulder Community High School Course Outline

Health Education Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Skills For Physical Activity (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Year 10 Sport Context 1 Selections are made from a variety of sports specifically tailored to suit the needs and interest levels of students. Some activities may include:	Year 10 Sport Context 1 (IC) (Skills For Physical Activity – 25%) Year 10 Sport Context 2 (IC) (Skills For Physical Activity – 25%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		<ul style="list-style-type: none"> - Baseball - Volleyball - Tennis - Gridiron - Fitness (light cardio/walking, strength) - Rugby - AFL Recreation Football 	
3		Warm Up Skills and Active Stretching	
4		<ul style="list-style-type: none"> - Skill Development – Drills & Modified Games - Team Strategies & Tactics – Mod. & Official Games - Umpiring – General & Sport-Specific Skills - Captaincy / Leadership Skills and Knowledge 	
5		Student are required to participate in a class competition format as a:	
6		<ul style="list-style-type: none"> - Player / Participant - Umpire (where applicable) - Organiser / Administrator 	
7		Year 10 Sport Context 2 Selections are made from a variety of sports specifically tailored to suit the needs and interest levels of students. Some activities may include:	
8		<ul style="list-style-type: none"> - Baseball - Volleyball - Tennis - Gridiron - Fitness (light cardio/walking, strength) - Rugby - AFL Recreation Football 	
9		Warm Up Skills and Active Stretching	
10		<ul style="list-style-type: none"> - Skill Development – Drills & Modified Games - Team Strategies & Tactics – Mod. & Official Games - Umpiring – General & Sport-Specific Skills - Captaincy / Leadership Skills and Knowledge Students are required to participate in a class competition format as a: <ul style="list-style-type: none"> - Player / Participant - Umpire (where applicable) - Organiser / Administrator 	

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Health Education Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Skills For Physical Activity (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Year 10 Athletics Context Events include:	Year 10 Athletics Context (IC) Events include: Track Events Discus Shot Put Cross-Country Long Jump Triple Jump High Jump Year 10 Sport Context 5 (IC) (Skills For Physical Activity – 25%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		- Track Events (100m, 200m, 400m, 800m) - Discus - Shot Put - Cross-Country - Long Jump - Triple Jump - High Jump	
3		Warm Up Skills and Active Stretching - Skill Development - Drills - Skill Development – Competition Format - Event Strategies & Tactics – Competition - Skill Development - Official Event - Event Strategies & Tactics – Official Event	
4		- Officiating– General & Sport-Specific Skills - Captaincy / Leadership Skills and Knowledge	
5		Students are required to participate in a class competition format as a: - Competitor - Official - Organiser / Administrator	
6		Year 10 Sport Context 5 Selections are made from a variety of sports specifically tailored to suit the needs and interest levels of students. Some activities may include:	
7		- Baseball - Volleyball - Tennis - Gridiron - Fitness (light cardio/walking, strength) - Rugby - AFL Recreation Football	
8		Warm Up Skills and Active Stretching - Skill Development – Drills & Modified Games - Team Strategies & Tactics – Mod. & Official Games - Umpiring – General & Sport-Specific Skills - Captaincy / Leadership Skills and Knowledge	
9		Students are required to participate in a class competition format as a: - Player / Participant - Umpire (where applicable) - Organiser / Administrator	
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Kalgoorlie-Boulder Community High School Course Outline

Health Education Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Skills For Physical Activity (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Year 10 Sport Context 6 Selection made from: - AFL Recreation Football - Baseball - Basketball - Tennis - Volleyball	Year 10 Sport Context 6 (IC) Selection made from: AFL Recreation Football, Baseball, Basketball, Tennis, Volleyball (Skills For Physical Activity – 25%) Year 10 Sport Context 7– SEPEP (IC) Authentic Sports Season (Skills For Physical Activity – 25%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		Warm Up Skills and Active Stretching - Skill Development - Drills - Skill Development - Modified Games - Team Strategies & Tactics – Modified Games	
3		- Skill Development - Official Games - Team Strategies & Tactics – Official Games	
4		- Umpiring – General & Sport-Specific Skills - Captaincy / Leadership Skills and Knowledge	
5		Student are required to participate in a class competition format as a: - Player - Umpire - Organiser / Administrator	
6		Year 10 Sport Context 7 - SEPEP Authentic Sports Season Warm Up Skills and Active Stretching	
7		- Skill Development - Drills - Skill Development - Modified Games - Team Strategies & Tactics – Modified Games	
8		- Skill Development - Official Games - Team Strategies & Tactics – Official Games	
9		- Umpiring – General & Sport-Specific Skills - Captaincy / Leadership Skills and Knowledge	
10		Student are required to participate in a class competition format as a: - Player - Umpire - Organiser / Administrator	

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Kalgoorlie-Boulder Community High School Course Outline

Multi-Sport - Social Sport Course Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	<p>Interpersonal Skills (50%)</p> <p>Self-management Skills (50%)</p>	<p>Multi-Sport Selection 1, 2, 3, 4 & 5</p> <p>Sport selections are decided by the individual teacher and are designed to suit the interest and needs of the student group. Some of the sports may include the following:</p> <ul style="list-style-type: none"> - European Handball - Dodgeball Games - Gridiron - Indoor Cricket - Floor Hockey - Indoor Soccer - League Tag - Table Tennis - Darts - Flags - Ultimate Frisbee - Futsal Soccer <p>Team Strategies & Tactics – Modified Games Umpiring – General & Sport-Specific Skills Captaincy / Leadership Skills and Knowledge</p> <p>Student are required to participate in a class competition format as a Player, Umpire & Organiser / Administrator</p>	<p>Multi-Sport Possible sport selections: European Handball Dodgeball Games Gridiron Indoor Cricket Floor Hockey Indoor Soccer League Tag Table Tennis Darts Flags Ultimate Frisbee Futsal Soccer</p> <p>Observational Checklist (IC) (Interpersonal Skills – 50%)</p> <p>Observational Checklist (IC) (Self-management Skills – 50%)</p> <p>Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE).</p> <p>Students are provided with regular direct feedback on classwork and achievement.</p> <p>Informal assessments occur on an ongoing basis to provide balance of academic performance.</p>
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Kalgoorlie-Boulder Community High School Course Outline

Multi-Sport - Social Sport Course Term 2 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Interpersonal Skills (50%) Self-management Skills (50%)	<p>Multi-Sport Selection 5, 6, 7, 8, 9 & 10</p> <p>Sport selections are decided by the individual teacher and are designed to suit the interest and needs of the student group. Some of the sports may include the following:</p> <ul style="list-style-type: none"> - European Handball - Dodgeball Games - Gridiron - Indoor Cricket - Floor Hockey - Indoor Soccer - League Tag - Table Tennis - Darts - Flags - Ultimate Frisbee - Futsal Soccer <p>Team Strategies & Tactics – Modified Games Umpiring – General & Sport-Specific Skills Captaincy / Leadership Skills and Knowledge</p> <p>Student are required to participate in a class competition format as a Player, Umpire & Organiser / Administrator</p>	<p>Multi-Sport Possible sport selections: European Handball Dodgeball Games Gridiron Indoor Cricket Floor Hockey Indoor Soccer League Tag Table Tennis Darts Flags Ultimate Frisbee Futsal Soccer</p> <p>Observational Checklist (IC) (Interpersonal Skills – 50%)</p> <p>Observational Checklist (IC) (Self-management Skills – 50%)</p> <p>Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE).</p> <p>Students are provided with regular direct feedback on classwork and achievement.</p> <p>Informal assessments occur on an ongoing basis to provide balance of academic performance.</p>
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Kalgoorlie-Boulder Community High School Course Outline

Multi-Sport - Social Sport Course Term 3 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Interpersonal Skills (50%) Self-management Skills (50%)	<p>Multi-Sport Selection 11, 12, 13, 14 & 15</p> <p>Sport selections are decided by the individual teacher and are designed to suit the interest and needs of the student group. Some of the sports may include the following:</p> <ul style="list-style-type: none"> - European Handball - Dodgeball Games - Gridiron - Indoor Cricket - Floor Hockey - Indoor Soccer - League Tag - Table Tennis - Darts - Flags - Ultimate Frisbee - Futsal Soccer <p>Team Strategies & Tactics – Modified Games Umpiring – General & Sport-Specific Skills Captaincy / Leadership Skills and Knowledge</p> <p>Student are required to participate in a class competition format as a Player, Umpire & Organiser / Administrator</p>	<p>Multi-Sport Possible sport selections: European Handball Dodgeball Games Gridiron Indoor Cricket Floor Hockey Indoor Soccer League Tag Table Tennis Darts Flags Ultimate Frisbee Futsal Soccer</p> <p>Observational Checklist (IC) (Interpersonal Skills – 50%)</p> <p>Observational Checklist (IC) (Self-management Skills – 50%)</p> <p>Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE).</p> <p>Students are provided with regular direct feedback on classwork and achievement.</p> <p>Informal assessments occur on an ongoing basis to provide balance of academic performance.</p>
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Kalgoorlie-Boulder Community High School Course Outline

Multi-Sport - Social Sport Course Term 4 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	<p>Interpersonal Skills (50%)</p> <p>Self-management Skills (50%)</p>	<p>Multi-Sport Selection 16, 17, 18, 19 & 20</p> <p>Sport selections are decided by the individual teacher and are designed to suit the interest and needs of the student group. Some of the sports may include the following:</p> <ul style="list-style-type: none"> - European Handball - Dodgeball Games - Gridiron - Indoor Cricket - Floor Hockey - Indoor Soccer - League Tag - Table Tennis - Darts - Flags - Ultimate Frisbee - Futsal Soccer <p>Team Strategies & Tactics – Modified Games Umpiring – General & Sport-Specific Skills Captaincy / Leadership Skills and Knowledge</p> <p>Student are required to participate in a class competition format as a Player, Umpire & Organiser / Administrator</p>	<p>Multi-Sport</p> <p>Possible sport selections:</p> <p>European Handball Dodgeball Games Gridiron Indoor Cricket Floor Hockey Indoor Soccer League Tag Table Tennis Darts Flags Ultimate Frisbee Futsal Soccer</p> <p>Observational Checklist (IC) (Interpersonal Skills – 50%)</p> <p>Observational Checklist (IC) (Self-management Skills – 50%)</p> <p>Teachers use observational checklists and class discussions to determine student progress for attitude, behaviour and effort (ABE).</p> <p>Students are provided with regular direct feedback on classwork and achievement.</p> <p>Informal assessments occur on an ongoing basis to provide balance of academic performance.</p>
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Kalgoorlie-Boulder Community High School Course Outline

Physical Recreation Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Skills For Physical Activity (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Context 1 – Game Creation - Theory Lesson (Design)	Year 10 Physical Recreation Context 1 (IC) Game Creation (Skills For Physical Activity – 12.5%) Year 10 Physical Recreation Context 2 (IC) Octathlon (Skills For Physical Activity – 12.5%) Year 10 Physical Recreation Context 3 (IC) Bike Riding (Skills For Physical Activity – 25%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		Context 1 – Game Creation - Practical – Gameplay	
3		Context 1 - Game Creation - Practical – Gameplay	
4		Context 2 – Bike Riding - Bike Maintenance - Bike Safety and Responsibilities - Bike Skills	
5		Context 2 - Bike Riding - Bike Skills	
6		Context 2 - Bike Riding - Riding off site	
7		Context 3 - Octathlon preparation - Table Tennis	
8		Context 3 - Octathlon preparation - Darts	
9		Context 3 - Bocce	
10		Competition 1	

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Kalgoorlie-Boulder Community High School Course Outline

Physical Recreation Term 2 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks	
1	Skills For Physical Activity (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Context 4 – Golf - Warm Up - Skill Development – Long - Tee Shot & Fairway Shots	Year 10 Physical Recreation Context 4 (IC) Golf (Skills For Physical Activity – 12.5%)	
2		Context 4 –Golf - Warm Up - Skill Development - Short - Approach & Chip Shots - Game Development		Year 10 Physical Recreation Context 5 (IC) Lawn Bowls (Skills For Physical Activity – 12.5%)
3		Context 4 -Competition/off site		
4			Year 10 Physical Recreation Context 6 (IC) Fitness (Skills For Physical Activity – 25%)	
5		Context 5 – Lawn Bowls	Observational Checklist (IC), (Interpersonal Skills – 25%)	
6			Observational Checklist (IC), (Self-management Skills – 25%)	
7			Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE).	
8		Context 6 - Fitness		
9			Students are provided with regular direct feedback on classwork and achievement.	
10			Context 6 - Competition based fitness games	Informal assessments occur on an ongoing basis to provide balance of academic performance.

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Kalgoorlie-Boulder Community High School Course Outline

Physical Recreation Term 3 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Skills For Physical Activity (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Context 7 - Bronze Medallion - Module 1 - Resuscitation Awareness	Year 10 Physical Recreation Context 5 (IC) Bronze Medallion (Skills For Physical Activity – 50%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-Management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		Context 7 - Bronze Medallion - Module 2 – Emergency Care	
3		Context 7 - Bronze Medallion - Module 3 – Water Safety Theory	
4		Context 7 - Bronze Medallion - Module 4 – Swim	
5		Context 7 - Bronze Medallion - Module 5 – Rescue Skills	
6		Context 7 - Bronze Medallion - Module 6 – Survival Skills	
7		Context 7 - Bronze Medallion - Module 7 – Surface Dive and Underwater Search	
8		Context 7 - Bronze Medallion - Module 8 – Recover & Resuscitate	
9		Context 7 - Bronze Medallion - Module 9 - Spinal Management	
10		Context 7 - Bronze Medallion - Module 10 - Initiatives - Examiner Assessment Practice and Assessment	

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Kalgoorlie-Boulder Community High School Course Outline

Physical Recreation Term 4 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Skills For Physical Activity (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Context 7 –YMCA Activities	Year 10 Physical Recreation Context 7 (IC) Activity Based (Skills For Physical Activity – 50%) Observational Checklist (IC) (Interpersonal Skills – 25%)
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4		Context 8 – Students plan a lesson to coach/Assessment Rubric	Observational Checklist (IC) (Self-management Skills – 25%)
5		Context 8- Practice Coaching the lesson	
6		Context 8 – Coaching the lesson (Assessment)	Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE).
7			
8		Context 9 – Students design Phys Rec Camp Activities	Students are provided with regular direct feedback on class work and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
9		Context 9 – Students design Risk Assessment	
10		Context 10 – Competition based Activities	

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Kalgoorlie-Boulder Community High School Course Outline

Outdoor Education Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Knowledge and Understanding (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Year 10 Outdoor Education - Introduction, Expectations, Outline Team-Building activities	Year 10 Outdoor Education Context 1 (IC) Orienteering (Knowledge and Understanding – 25%) Year 10 Outdoor Education Context 2 (IC) Expedition Planning (Knowledge and Understanding – 25%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		Year 10 Outdoor Education - Team-Building activities	
3		Year 10 Outdoor Education Context 1 - Orienteering – Topographic Maps	
4		Year 10 Outdoor Education Context 1 - Orienteering – Using a Compass	
5		Year 10 Outdoor Education Context 1 Assessment - Orienteering – Navigation Challenges	
6		Year 10 Outdoor Education Context 2 - Expedition Planning – Equipment and Inventories	
7		Year 10 Outdoor Education Context 2 - Expedition Planning – Selecting a Route, Campsite selection	
8		Year 10 Outdoor Education Context 2 - Expedition Planning – Weather and Environmental Management	
9		Year 10 Outdoor Education Context 2 Assessment - Expedition Planning – Expedition Plan Project	
10		Year 10 Outdoor Education Context 2 Assessment - Expedition Planning – Expedition Plan Project	

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Kalgoorlie-Boulder Community High School Course Outline

Outdoor Education Term 2 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Knowledge and Understanding (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Year 10 Outdoor Education Context 3 - Safety – First Aid, Bites and Stings	Year 10 Outdoor Education Context 3 (IC) Safety (Knowledge and Understanding – 25%) Year 10 Outdoor Education Context 4 (IC) Indigenous Australian Culture (Knowledge and Understanding – 25%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		Year 10 Outdoor Education Context 3 - Safety – Hot and Cold conditions	
3		Year 10 Outdoor Education Context 3 - Safety – Injury Management	
4		Year 10 Outdoor Education Context 3 - Safety – Emergency Situations	
5		Year 10 Outdoor Education Context 3 Assessment - Safety – Theory Exam	
6		Year 10 Outdoor Education Context 4 - Indigenous Australian Culture - Introduction	
7		Year 10 Outdoor Education Context 4 - Indigenous Australian Culture – Flora & Fauna	
8		Year 10 Outdoor Education Context 4 - Indigenous Australian Culture – Hunting and Gathering	
9		Year 10 Outdoor Education Context 4 - Indigenous Australian Culture – Traditional Cooking	
10		Year 10 Outdoor Education Context 4 - Indigenous Australian Culture - Excursion	

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Kalgoorlie-Boulder Community High School Course Outline

Outdoor Education Term 3 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Knowledge and Understanding (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Year 10 Outdoor Education Context 5 - Cycling – Introduction	Year 10 Outdoor Education Context 5 (IC) Cycling (Knowledge and Understanding – 25%) Year 10 Outdoor Education Context 6 (IC) Camp Cooking (Knowledge and Understanding – 25%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self Management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on classwork and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		Year 10 Outdoor Education Context 5 - Cycling – Bike Repairs & Maintenance	
3		Year 10 Outdoor Education Context 5 - Cycling – Mountain Biking Skills	
4		Year 10 Outdoor Education Context 5 - Cycling – Mountain Bike Time Trials	
5		Year 10 Outdoor Education Context 5 - Cycling – Mountain Bike Skill Challenges	
6		Year 10 Outdoor Education Context 6 - Camp cooking – Nutritional Requirements	
7		Year 10 Outdoor Education Context 6 - Camp cooking – Trangia Cooking, Fire	
8		Year 10 Outdoor Education Context 6 - Camp Cooking – Meal Planning	
9		Year 10 Outdoor Education Context 6 - Camp Cooking - Cooking	
10		Year 10 Outdoor Education Context 6 - Camp Cooking – Class Cook-off	

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Kalgoorlie-Boulder Community High School Course Outline

Outdoor Education Term 4 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Knowledge and Understanding (50%) Interpersonal Skills (25%) Self-management Skills (25%)	Year 10 Outdoor Education Context 7 - Knots – Types and Applications	Year 10 Outdoor Education Context 7 (IC) Knots (Knowledge and Understanding – 12.5%) Year 10 Outdoor Education Context 8 (IC) Camp Excursion (Knowledge and Understanding – 25%) Year 10 Outdoor Education Context 9 (IC) Class Challenges (Knowledge and Understanding – 12.5%) Observational Checklist (IC) (Interpersonal Skills – 25%) Observational Checklist (IC) (Self-management Skills – 25%) Teachers use observational checklists and teamwork to determine student progress for attitude, behaviour and effort (ABE). Students are provided with regular direct feedback on class work and achievement. Informal assessments occur on an ongoing basis to provide balance of academic performance.
2		Year 10 Outdoor Education Context 7 - Knots	
3		Year 10 Outdoor Education Context 7 - Knots - Challenges	
4		Year 10 Outdoor Education Context 8 - Overnight Camp Excursion	
5		Year 10 Outdoor Education Context 8 - Camp Excursion Debrief and Reflections	
6		Year 10 Outdoor Education Context 9 - Class Challenges and Games	
7		Year 10 Outdoor Education Context 9 - Class Challenges and Games	
8		Year 10 Outdoor Education Context 9 - Class Challenges and Games	
9		Year 10 Outdoor Education Context 9 - Class Challenges and Games	
10		EGC	

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Kalgoorlie-Boulder Community High School Course Outline

Physical Education Studies – Term 1 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Developing Physical Skills, Strategies and Tactics	Classification of Physical Activity Strategies & Tactics Functional Anatomy Axial & Appendicular Skeleton Functions of Bones	Response Task 1 Topic Test Practical Performance
2		Bone Classification Major Bones in the Body	
3		Functions of the Muscular System Tendons & Ligaments Types of Joints	
4		Types of Movements Joints and their Associated Movements Anatomical Planes	
5	Motor Learning and Coaching	Revision: Strategies & Tactics Fundamental Tactics & Game Plans Tactical problems and Solutions	Task 2 Skill Performance (Volleyball) 25 marks
6	Exercise Physiology	Muscular System Functions of Muscles Types of Muscle Tissue Skill Performance Assessment (IC)	Task 3 Advanced Skill and Game Performance (Volleyball) 40 marks
7	Functional Anatomy	Tendons & Ligaments Types of Bodies Weight Training Skill Performance Assessment (IC)	Task 4 Skill Performance (Health and Fitness testing) 25 marks
8	Practical Performance (50%)	Functional Anatomy Topic Test Assessment (IC)	Task 5 Programming (Health and Fitness testing) 40 marks
9	Investigation (30%)	Skill Performance Assessment (IC)	Investigation
10	Response (20%)	Functions of the Circulatory System Structure of the Circulatory System Skill Performance Assessment (IC)	Task 5 Programming (Health and Fitness testing) 40 marks
		Heart Dissection	
		Skill Performance Assessment (IC)	

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Kalgoorlie-Boulder Community High School Course Outline

Physical Education Studies – Term 2 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Developing Physical Skills, Strategies and Tactics	Cardiac Cycle Circulation of Blood Advanced Skill and Game Performance Assessment (IC)	Response Task 1 Topic Test Practical Performance Task 2 Skill Performance (Volleyball) 25 marks Task 3 Advanced Skill and Game Performance (Volleyball) 40 marks Task 4 Skill Performance (Health and Fitness testing) 25 marks Task 5 Programming (Health and Fitness testing) 40 marks Investigation Task 5 Programming (Health and Fitness testing) 40 marks
2		Blood Pressure Functions of the Respiratory System Structure of the Respiratory System Advanced Skill and Game Performance Assessment (IC)	
3		Respiratory Terminology Circulatory Response to Exercise Advanced Skill and Game Performance Assessment (IC)	
4		Respiratory Response to Exercise Advanced Skill and Game Performance Assessment (IC)	
5		Mid Year Examination Revision Mid Year Examination Advanced Skill and Game Performance Assessment (IC)	
6		Energy Systems ATP-CP Lactic Acid System Aerobic System	
7		Energy Systems and their use in Sports	
8		Fitness Health-related Fitness Performance-Related Fitness	
9		Warm Up Effective Warm-up activities	
10		Fitness Tests - Performance Health-related Fitness Performance-Related Fitness Exercise Physiology Investigation Assessment (IC/AH)	

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Kalgoorlie-Boulder Community High School Course Outline

Physical Education Studies – Term 3 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Developing Physical Skills, Strategies and Tactics	Fitness Components (continued) Health-Related Components Performance-Related Components Effective warm-up and cool-downs	Practical Performance
2		Biomechanics Principles and Phases of Motion *Assessment Task 5 (Part B) Due	
3		Biomechanics Improving Performance Preventing Injuries Use of I-pads/coaching app to perform basic biomechanical analysis	Task 2 Advanced Skill and Game Performance (Volleyball) 40 marks
4		Motor Skills Classification Stages of Learning What makes a skilled performer Information processing model	Task 3 Skill Performance (Basketball) 25 marks
5		Motor Skills Classification continued Fitts and Posner model Fine and gross motor skills Discrete/serial/continuous skills Motor Learning & Coaching Investigation (IC/AH)	Task 4 Advanced Skill and Game Performance (Basketball) 40 marks
6		Training Session Components Elements of a training session Process of coaching / teaching a skill	Investigation
7		Planning Training Sessions Skill planning Using components of training session Skill Performance Assessment (IC)	Task 5 Motor learning and coaching
8		Peer Assessment Take training sessions Complete peer assessment part of Motor Learning and Coaching Investigation Skill Performance Assessment (IC)	Task 6 Exercise physiology
9		Tactical Concepts Basketball Set Plays Skill Performance Assessment (IC)	Task 7 Mid year examination
10		Sports Psychology Values, behaviours and attitudes Mental Preparation * Motor Learning & Coaching Investigation Due (IC/AH)	Task 8 End of year examination

(IC) = In-Class Assessment (AH) = At-Home Assessment



Kalgoorlie-Boulder Community High School Course Outline

Physical Education Studies – Term 4 Year 10 2016

Week	Outcome	Topic	Formal Assessment Tasks
1	Developing Physical Skills, Strategies and Tactics	Program Revision Functional Anatomy Exercise Physiology Advanced Skill and Game Performance Assessment (IC)	Practical Performance
2		Program Revision Biomechanics Motor Learning and Coaching Sports Psychology Advanced Skill and Game Performance Assessment (IC)	Task 1 Skill Performance (Volleyball) 25 marks
3		End of Year Examination End of Year Examination (IC) Advanced Skill and Game Performance Assessment (IC)	Task 2 Advanced Skill and Game Performance (Volleyball) 40 marks
4	Motor Learning and Coaching	Basketball Refereeing Advanced Skill and Game Performance Assessment (IC)	Task 3 Skill Performance (Basketball) 25 marks
5	Exercise Physiology	Basketball Competition Refereeing, Coaching, Skill Development Advanced Skill and Game Performance Assessment (IC)	Task 4 Advanced Skill and Game Performance (Basketball) 40 marks
6	Functional Anatomy	Year Group Sports Competition Umpiring, Coaching, Captaincy	Investigation
7	Practical Performance (50%)	Year Group Sports Competition Umpiring, Coaching, Captaincy	Task 5 Motor learning and coaching
8	Investigation (30%)	Year Group Sports Competition Umpiring, Coaching, Captaincy	Task 6 Exercise physiology
9	Response (20%)	Year Group Sports Competition Umpiring, Coaching, Captaincy	Response
10		Year Group Sports Competition Umpiring, Coaching, Captaincy	Task 7 Mid year examination
			Task 8 End of year examination

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