

**Ringwood Secondary College**  
**2016 Course Planning Document**

## **VCE Unit 3 Physical Education**

### **Time Allocation**

This unit of work will consist of approximately 100 hours of which at least 50 hours will be class time. **To complete this unit of work satisfactorily, students must complete each of the following learning outcomes.**

### **Learning Outcomes**

#### **Outcome 1**

The student should be able to analyse individual and population levels of sedentary behaviour and participation in physical activity, and evaluate initiatives and strategies that promote adherence to the National Physical Activity Guidelines.

#### **Outcome 2**

The student should be able to use data collected in practical activities to analyze how the major body and energy systems work together to enable movement to occur, and explain the fatigue mechanisms and recovery strategies.

### **Assessment Tasks**

#### **1. Data Analysis**

The student analyses levels of participation in physical activity and evaluates strategies that promote adherence to the National Physical Activity guidelines.

**Weighting:** This task is worth 40% of the overall grade

**Time allocated to task:** 100minutes

**Due:** Term 1, Week 7

#### **2. Written Test**

The student is required to analyse how the major body and energy systems work together to enable movement to occur. They focus will be on the acute effects that physical activity has on the cardiovascular, respiratory and muscular systems of the body.

**Weighting:** This task is worth 20% of the overall grade

**Time allocated to task:** 60 minutes

**Due:** Term 2, Week 2

#### **3. Laboratory Report**

The student is required to analyze the relative contribution of the energy systems and associated fatigue mechanisms and recovery strategies used in various activities.

**Weighting:** This task is worth 40% of the overall grade

**Time allocated to task:** 100minutes

**Due:** Term 2, Week 7

**School assessed Coursework for Unit 3 contributes to 25 per cent**