

Ringwood Secondary College
2016 Course Planning Document

VCE Unit 4 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 plan and evaluate training programs to enhance physical fitness components.

Outcome 2

The student should be able to analyse and evaluate strategies designed to enhance performance or promote recovery.

Assessment Tasks

1. Written Report

The student is required to plan and evaluate a six-week training program with reference to an activity analysis, fitness testing and a training diary, designed to enhance specific fitness components.

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

Time allocated to task: 5 periods

Due: Term 3, Week 3

2. Written Test

The student is required to link chronic adaptations of the cardiovascular, respiratory and muscular systems to training methods and improved performance.

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

Time allocated to task: 1 period

Due: Term 3, Week 6

3. Written Test

The student is required to identify and evaluate various strategies and practices that are used to enhance performance or promote recovery.

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

Time allocated to task: 100minutes

Due: Term 3, Week 10

School – assessed coursework for Unit 4 contributes to 25 per cent.