

Erindale College

Assessment Period:	2021 S2
Course:	PHYSICAL EDUCATION STUDIES
Unit:	Leisure & Recreation (1.0)
Accreditation:	M
Year:	11

Unit Goals

- describes the appreciation of physical activity in developing health and well-being
- participate in a range of recreational activities to develop physical literacy and social skills

Content Description

Concepts, theories and models

- describe how such things as enjoyment, relaxation, rejuvenation and play may come from physical activity, leisure and recreation
- describe the relationship of participation in recreational and leisure activities to emotional, physical and mental health and well-being, for example, social connection, self-expression

Principles, strategies, methodology

- describe and apply principles and strategies in leisure and recreation skills. for example, facilities, resources, occupational health and safety
- describe and apply practical techniques with reference to specific skill criteria in recreation and leisure activities

Nature and purpose

- link the significance of leisure and recreation on health and wellbeing
- understand that physical activity/sports can provide opportunities for personal enjoyment, challenge and self-expression

Representations and interpretations

- describes issues, problems and practices in leisure and recreation, for example, age, gender, education, income, influence of family
- plan and undertake an independent inquiry
- make choices whether sources of information are reliable

Communication

- use and interpret numerical components, for example, graphs, statistics, tables and diagrams
- communicate using acceptable language and terminology
- display aspects of effective communication in a range of contexts and practical situations

Assessment Tasks

Name	Due Date	Weighting
Exam	Week 8: 30 August - 3 September	20%
Performance and Skills	Ongoing throughout term three: 12 July - 3 September	30%
Assignment	5 November	20%
Performance and Skills	Ongoing throughout term four: 6 September - 16 November	30%

School Assessment Information

For penalties for late and non-submission of work

See [BSSS Policy and Procedure Manual 4.3.10](#) for further information.

For academic integrity

See [BSSS Policy and Procedure Manual 4.3.12](#) for further information.

For appeals processes

See [BSSS Policy and Procedure Manual 7.2](#) for further information.

For moderation procedures (internal and external)

See [BSSS Policy and Procedure Manual 5](#) for further information.

Achievement Standards for PHYSICAL EDUCATION STUDIES M - Year 11

	<i>A student who achieves an A grade typically</i>	<i>A student who achieves a B grade typically</i>	<i>A student who achieves a C grade typically</i>	<i>A student who achieves a D grade typically</i>	<i>A student who achieves an E grade typically</i>
Knowledge and understanding	<ul style="list-style-type: none"> • describes strategies, procedures with independence • describes practical techniques and performance with independence 	<ul style="list-style-type: none"> • describes strategies, procedures with some assistance • describes practical techniques and performance with some assistance 	<ul style="list-style-type: none"> • recounts strategies, procedures with assistance • recounts practical techniques and performance with assistance 	<ul style="list-style-type: none"> • identifies strategies, procedures with continuous guidance • identifies practical techniques and performance with continuous guidance 	<ul style="list-style-type: none"> • identifies strategies, procedures with direct instruction • identifies practical techniques and performance with direct instruction
Skills	<ul style="list-style-type: none"> • communicates ideas and arguments using appropriate evidence, terminology and accurate referencing with independence • makes discerning choice of strategies and procedures to enhance physical performances of self with independence • plans and undertakes independent inquiries with independence 	<ul style="list-style-type: none"> • communicates ideas and arguments using appropriate evidence, terminology and accurate referencing with some assistance • selects strategies and procedures to enhance physical performances of self with some assistance • plans and undertakes independent inquiries with some assistance 	<ul style="list-style-type: none"> • communicates ideas and arguments using appropriate evidence, terminology and accurate referencing with assistance • selects strategies and procedures to enhance physical performances of self with assistance • undertakes guided inquiries with assistance 	<ul style="list-style-type: none"> • communicates ideas and arguments using appropriate evidence, terminology and accurate referencing with continuous guidance • selects strategies and procedures to enhance physical performances of self with continuous guidance • undertakes guided inquiries with continuous guidance 	<ul style="list-style-type: none"> • communicates ideas and arguments using appropriate evidence, terminology and accurate referencing with direct instruction • selects strategies and procedures to enhance physical performances of self with direct instruction • undertakes simple research on a topic with direct instruction