

PHYSICAL EDUCATION POLICY

Physical Education is a compulsory subject for all students in years 7 through to 10, with each student participating in 128 minutes per week. Years 7 and 8 are single gender with a specialist mixed gender group, while Years 9 and 10 are single gender classes. The sports chosen for each year group have been carefully selected to suit the needs of the majority of students. Teachers may use discretion on classes with particular interests or especially high or low skill levels and adjust the programme accordingly.

1. Assessment

Students will be assessed in the following outcomes for all sports undertaken:

- Self-Management Skills (SMS)
- Interpersonal Skills (IPS)
- Skills for Physical Activity (SPA)
- Attitudes & Values (AV)

A weighting for the above outcomes, as well as professional judgement by the class teacher, will determine the final grade for each student.

2. Participation

Students are expected to attend all PE classes with a positive and cooperative attitude. This will ensure they and their peers will have the best opportunity to experience success in this subject.

3. Dress code

Students must wear correct PE attire for all lessons. This consists of the school PE shirt and school PE shorts which are available from the uniform shop. A hat and other sun protection are recommended for outdoor sports coupled with a water bottle for hydration, students are strongly encouraged to have the appropriate footwear. Please note that this dress requirement exists for safety, health and hygiene reasons, to protect the school uniform from damage and to ensure students are wearing suitable clothing for activities.

4. Injury or illness

Students are required to bring a note from parents if they are sick or injured and are unable to participate in the Phys.Ed lessons. This note must be provided on or before the day. For long-term injury or illness, students must provide a medical certificate. Inclement weather is not considered to be a legitimate excuse for non-participation as students change into Phys.Ed uniform for all classes.

5. Procedure for non-participants

Where a student does not bring their PE uniform, forgets to provide a note for injury or illness, or fails to participate in a positive or cooperative manner, the following procedure is in place.

6. Extra-curricular activities

- Lightning Carnivals
- Interschool School Soccer
- Inter school Netball Carnivals
- Interschool Rugby League
- Interschool Athletics
- Outdoor Education Camps
- Athletics Carnivals
- Beach Carnivals
- Volleyball Carnivals

KINROSS COLLEGE
PHYSICAL EDUCATION PROGRAM 2016

| | WEEKS 1 – 8 (T1) | WEEKS 9 – 10 (T1) & WEEKS 1-5 (T2) | WEEKS 6 – 11 (T2) & WEEKS 1-5 (T3) | WEEKS 6 – 10 (T3) & WEEKS 1-2 (T4) | WEEKS 3 – 9 (T4) |
|--|---|--|---|---|---|
| Rotation | Girls → Boys | Boys → Girls | | Boys → Girls | Girls → Boys |
| <p style="text-align: center;">YEAR 7</p> <p>TARGET LEVELS</p> <p>SPA – 2 <u>3</u> 4</p> <p>SMS – 2 <u>3</u> 4</p> <p>IPS – 2 <u>3</u> 4</p> | <p style="text-align: center;">AFL (Male)</p> <p style="text-align: center;">NETBALL (Female) (Specialist) basketball)</p> <p>FMS – Footwork, passing, receiving, dribbling, shooting, leading to space, offensive/defensive game strategy</p> | <p style="text-align: center;">BASKETBALL (male)</p> <p style="text-align: center;">AFL (female) (Specialist T-Ball)</p> <p>FMS – Marking, handballing, kicking, bouncing, leading to space, offensive/defensive game strategy</p> | <p style="text-align: center;">ATHLETICS EVENT TECHNIQUE & TRIALS</p> <p>FMS - 100m, 200m, 800m, hurdles, relays (shuttle), long jump, triple jump, high jump (scissor), t-ball throw, team games</p> | <p style="text-align: center;">T-BALL (male)</p> <p style="text-align: center;">CRICKET (female)</p> <p>FMS – Throwing, catching, fielding, batting, bowling</p> | <p style="text-align: center;">CRICKET (male)</p> <p style="text-align: center;">T-BALL (female)</p> <p>FMS – Passing, receiving, scooping leading to spare, offensive/defensive game strategy</p> |

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|--|--|---|--|--|---|
| Rotation | Boys → Girls | Girls → Boys | | Girls → Boys | Boys → Girls |
| <p style="text-align: center;">YEAR 8</p> <p>TARGET LEVELS</p> <p>SPA – 3 <u>4</u> 5</p> <p>SMS – 2 <u>3</u> <u>4</u></p> <p>IPS – 2 <u>3</u> <u>4</u></p> | <p style="text-align: center;">SOCCER</p> <p>SSS – Passing, Trapping, striking, dribbling, offensive/defensive game strategy</p> | <p style="text-align: center;">HOCKEY</p> <p>FMS – Pushing, trapping, hitting, dribbling, offensive/defensive game strategy</p> | <p style="text-align: center;">ATHLETICS EVENT TECHNIQUE & TRIALS</p> <p>SSS - 100m, 200m, 800m, hurdles, relays (4x100), long jump, triple jump, high jump (scissor/ flop), shot put, discus.</p> | <p style="text-align: center;">TOUCH</p> <p>SSS – Passing, receiving, specific offensive/defensive game strategy</p> | <p style="text-align: center;">VOLLEYBALL</p> <p>FMS – Serve, set, dig, spike, block, game strategy & court positioning</p> |

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|--|------------------|--|---|--|---|--|
| <p style="text-align: center;">YEAR 9</p> <p>TARGET LEVELS</p> <p>SPA – 3 <u>4</u> 5</p> <p>SMS – 3 <u>4</u> 5</p> <p>IPS – 3 <u>4</u> 5</p> | Boys | <p style="text-align: center;">BASEBALL</p> <p>Develop sport specific skills and strategies</p> | <p style="text-align: center;">FITNESS</p> <p>Develop sport specific skills and strategies</p> | <p style="text-align: center;">ATHLETICS EVENT TECHNIQUE & TRIALS</p> <p>SSS - 100m, 200m, 800m, hurdles, relays (4x100), long jump, triple jump, high jump (scissor/flop), shot put, discus</p> | <p style="text-align: center;">INTERNATIONAL RULES</p> <p>Develop sport specific skills and strategies</p> | <p style="text-align: center;">BADMINGTON</p> <p>Develop sport specific skills and strategies</p> |
| | Girls | <p style="text-align: center;">BADMINGTON</p> <p>Develop sport specific skills and strategies</p> | <p style="text-align: center;">FITNESS</p> <p>Develop sport specific skills and strategies</p> | | <p style="text-align: center;">NETBALL</p> <p>Develop sport specific skills and strategies</p> | <p style="text-align: center;">SOFTBALL</p> <p>Develop sport specific skills and strategies</p> |

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|--|---|--|--|--|-------------------------------|
| Rotation | Boys → Girls | Girls → Boys | | Girls → Boys | Boys → Girls |
| <p style="text-align: center;">YEAR 10</p> <p>TARGET LEVELS</p> <p>SPA – <u>4</u> <u>5</u> 6</p> <p>SMS – <u>4</u> <u>5</u> 6</p> <p>IPS – <u>4</u> <u>5</u> 6</p> | <p>ADVANCED SKILLS & STRATEGIE (2 x 6 week units)</p> <p>Students select from sports offered.</p> <p>Sport specific skills and strategies</p> | <p>ADVANCED SKILLS & STRATEGIES (4 week unit)</p> <p>Practical application of fitness principles. (strength, endurance, speed, agility, weight loss, flexibility etc)</p> <p>SMS Focus</p> | <p>ATHLETICS EVENT TECHNIQUE & TRIALS</p> <p>SSS - 100m, 200m, 800m, hurdles, relays (4x100), long jump, triple jump, high jump (scissor/flop), shot put, discus</p> | <p>PEER TEACHING PROGRAM</p> <p>Students form small groups and plan & implement a Phys.Ed lesson for the rest of the class.</p> <p>SMS / IPS Focus</p> | <p>MIXED PHYS. REC</p> |