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# YEAR 10 SUBJECTS

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## Elite Performance in Physical Education

How do sports people get better at their particular sport? What impact does training have on the sports person? How else can a sports person improve? What role does diet, coaching, mental preparation, and sports science play in determining the performance of a sports person? How does someone actually learn a physical skill? This subject aims to increase knowledge in these key areas of Physical Education that are followed on in VCE studies at Years 11 and 12. This subject incorporates the practical classes with the associated theory work. The practical activities are designed to increase your understanding of the theory work covered. Practical activities undertaken will be approximately 50% of all class time.

Generic skills that are considered across all the subjects in the Physical Education faculty include:

- Move with competence and confidence in a range of physical environments
- Communicate effectively using a variety of styles
- Research, select and organise information utilising a range of sources
- Interact positively within groups and teams
- Make informed decisions towards enhancing health and wellbeing
- Demonstrate the application of a range of information and communication technologies

Subject specific skills are :

- You will examine the role that energy systems play in sporting activities
- You will analyse training methods and principles
- You will gain an understanding of the body systems
- You will examine how people learn physical skills
- You will analyse coaching styles
- You will examine how athlete's can improve their performance



*"Elite Performance was one of the most enjoyable subjects which was composed of theory and practical work that could be applied to the real world. The knowledge learnt throughout the semester gave me a sufficient understanding of the body, sports technology and even the planning and processing of efficient training methods."*

*Lachlan Baker*