

# Physical Education 1&2

## What is it and why should I do it?

Physical Education is an in-depth analysis of topics covered in junior levels, with greater depth into anatomy of the body, social impacts on healthy lifestyles and professional sports. Topics include musculoskeletal and cardiorespiratory systems, plus their roles in creating movement and energy. We discuss legal and illegal techniques to enhance performance plus their impacts. Analysis of the relationships between sport, physical activity, health and society, plus the role of Government and the Guidelines recommended for our society and it's sub-groups.

Click [here](#) to watch Bernie discuss PE with Charlotte Edwards.

## What will I do in class?

Classes involve a combination of practical activities to explore topics being analysed, plus gathering data to then apply in classroom learning tasks, discussions and SACs. Acquiring data through laboratory (practical) activities allows us to interpret and apply our knowledge. Bit of a mix of junior sciences and SHAPE.

## How much homework will I have?

Expect 30-45 minutes per night, though this may vary slightly in preparation for major Learning Tasks.

## How do I satisfactorily complete the unit?

To gain an "S" for any VCE Subject, you need to show that you have met the outcomes. These Outcomes will typically be met by completing set Learning Tasks, homework tasks, participation in practical activities, regular attendance and attempting the SAC's set for each Unit. A summary of each unit is below.

On completion of Unit 1, students should be able to collect and analyse information on how the body and its systems can maximise performance, whilst considering the limiting effects and impacts of practices/substances that may be used.

On completion of Unit 2, students should be able to collect and analyse information on individual and population participation levels in Physical activity and sedentary behaviour guidelines for specific groups. This will include application of a Socio-ecological framework to research, analyse and evaluate issues associated with participation at local, national and global levels.

## Give me all the details I want to know more:

[VCAA Physical Education](#)

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