



Physical Education



Advice for Year 11 and 12 students learning from home

The Queensland Curriculum and Assessment Authority (QCAA) understands that the COVID-19 pandemic has changed the way many senior students are accessing their learning.

We've prepared some suggestions to help you with your studies.

Resources to support preparation for assessment

Assessment type	Suggestions to support learning from home
 <p>Project (folio) (IA1)</p>	<ul style="list-style-type: none">• Review the Internal assessment 1 (IA1) section of the subject report that can be found on the Teaching tab on the Physical Education subject page. Focus on the samples of effective practices.• Consult with your teacher about an appropriate process for collecting data while learning from home.• Use online sources or other forms of research to recognise and explain constraints, analyse and synthesise the most significant relationships, evaluate the tactical strategy by appraising outcomes, limitations and implications and justify its development, modification and maintenance. <p>Some suggested resources to support understanding of the subject matter:</p> <ul style="list-style-type: none">• Player Development Project, '7 principles of non-linear pedagogy' https://playerdevelopmentproject.com/7-principles-of-non-linear-pedagogy• Perception Action Coupling www.youtube.com/watch?v=NiWzJK4Rom8• Constraints Learning vs Isolated Practice www.youtube.com/watch?v=ZeVzoQUBKn4• Creately, 'SWOT analysis templates and examples for any situation' https://creately.com/blog/examples/swot-analysis-templates-creately.
 <p>Investigation (report) (IA2)</p>	<ul style="list-style-type: none">• Review the Internal assessment 1 (IA1) section of the subject report that can be found on the Teaching tab on the Physical Education subject page. Focus on the samples of effective practices.• Consult with your teacher about an appropriate process for collecting and analysing primary and secondary data from reliable sources.• Use online or other forms of research to recognise and describe the ethical dilemma. <p>Some suggested resources to support understanding of subject matter:</p> <ul style="list-style-type: none">• Australian Sports Commission, 'Sport Australia welcomes reforms to safeguard sport integrity' www.sportaus.gov.au/media-centre/news/sport_australia_welcomes_reforms_to_safeguard_sport_integrity• American Ultimate Disc League, 'The integrity rule' https://web.archive.org/web/20171109172727/theaudl.com/articles/thr/integrity• ABC News, 'Want to keep kids in sport? Then make it fun' www.abc.net.au/news/2016-05-13/kennedy-want-to-keep-kids-in-sport-then-make-it-fun/7408710• Play by the Rules, 'The big picture — Ethical decision making in sport' www.playbytherules.net.au/got-an-issue/integrity-in-sport/what-can-you-do/ethical-decision-making• Play by the Rules, 'Interactive scenarios' www.playbytherules.net.au/resources/interactive-scenarios• Play by the Rules, 'Team selection juniors policy' www.playbytherules.net.au/resources/templates/team-selection-juniors-policy.

Assessment type	Suggestions to support learning from home
Project (folio) (IA3) 	<ul style="list-style-type: none"> Review the sample assessment response that can be found on the Assessment tab on the Physical Education subject page. Focus on the examples of effective practices. Consult with your teacher about an appropriate process for collecting data while learning from home. Use online sources or other forms of research to recognise and explain energy, fitness and training, analyse and synthesise the most significant relationships, evaluate the training strategy by appraising outcomes, limitations and implications and justify its development, modification and maintenance. <p>Some suggested resources to support understanding of the subject matter:</p> <ul style="list-style-type: none"> Jen Reviews, 'VO2 max, aerobic power & maximal oxygen uptake' www.sport-fitness-advisor.com/vo2max.html Jen Reviews, 'Lactic acid, blood lactate & the lactic acid myth' www.sport-fitness-advisor.com/lactic-acid.html Matt Roberts, 'What is blood lactate and how is it used to develop training programs for endurance events?' https://mattroberts.co.uk/articles/blood-lactate Daniel Jackson, 'Factors Affecting Performance: Principles of Training' www.pdhpe.net/factors-affecting-performance/how-does-training-affect-performance/principles-of-training.
External assessment (EA) 	<ul style="list-style-type: none"> Review past papers and the sample external assessment that can be found on the Assessment tab on the Physical Education subject page. Review the External assessment section of the subject report that can be found on the Teaching tab on the Physical Education subject page. Focus on <ul style="list-style-type: none"> examples of effective student responses and practices practices to strengthen, including recommendations to consider when preparing for external assessment.

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