

HEALTH AND PHYSICAL EDUCATION

YEAR 10 UNITS:

Court/Field Sports

Within this unit, students participate in a range of court and field sports, such as basketball, netball, hockey, football codes, softball, handball, soccer, tennis, badminton etc.

- It involves individual and team skills
- Game strategies and tactics
- Rules and regulations
- Fitness components
- Training
- Diet and nutrition
- Injury prevention and treatment.



Equipment and Text:

There is no text book, however students will require an exercise book.

There is no additional cost and no scheduled excursions associated with this unit.

Special Comments:

This unit involves both a practical and theory component. Students will have the opportunity to participate in a wide variety of court and field sports. They will also do research assignments on either individual players and or particular sports, along with other theory components as outlined above.

This unit would be an excellent preparatory unit for VCE Physical Education as it covers work relating to one or more of the VCE Physical Education Units 1 – 4.

