

Physical Education Year 10 to 11 Transition Program 2014

Session	Activity
1	<u>Outline of Unit 1</u> Assessments: SACs (Tests, Case Studies, Data Analysis, Research, Assignments) Organisation: workbook, display folder, diary, text book and unit outline to each class Uniform: must wear PE uniform (not ADP) to all practical sessions. If injured/unwell you will be assisting with the lab or completing class work. <u>Activity</u> Label bones and muscles handout Play Simon Says
2	<u>Outline of Unit 1</u> Unit outline explanation <u>Theory</u> Explanation of Chapter One. Write notes from p.3 Anatomical Terms (p.3 & 4) Handout The Vertebral Column (p.5 & 6)
3	<u>Theory</u> Joints (p. 6 & 7). Copy of Table 1.3 into books. Types of Movements (p. 8-10) Handout <u>Practical Activity</u> Circuit and handout
4	<u>How to write up a lab report</u> Attach lab report Results including table and graph Sentence answer for questions Conclusion Due date (one week after) Presentation <u>Explain Holiday Homework</u> Newspaper Task Anatomy Arcade Finish lab report



Unit 1 Physical Education Introduction

Name: _____

Topics

Unit 1: Bodies in motion

AOS 1: explore how the body systems work together to produce movement and analyse this motion using biomechanical principles. Through practical activities students explore the relationships between the body systems and physical activity. They are introduced to the aerobic and anaerobic pathways utilised to provide the muscles with the energy required for movement and the basic characteristics of each pathway.

AOS 2: apply biomechanical principles to improve and refine movement. They use practical activities to demonstrate biomechanical principles and how the correct application of biomechanics can lead to improved performance in sport and physical activity.

AOS 3: choice of two detailed studies: Technological advancements from a biomechanical perspective and Injury prevention and rehabilitation.

Assessment

- SACs (test, case study, data analysis, research assignment, presentation)
- Lab Reports (due one week after practical activity)
- Set questions
- Participation in class and practical activities

*If you miss a SAC you will be required to bring a medical certificate and re-sit with YLCs.

*All assessment tasks must be submitted on loose A4 paper and stapled. Work will be accepted via email if absent from class. No work will be accepted on USBs.

Organisation

To each class (**including prac classes**) you are required to bring:

- Workbook
- Display folder
- Planner
- Textbook (Jacaranda Live It Up 1 VCE Physical Education Units 1 & 2 3rd Edition)
- Unit outline

Uniform

- Full Physical Education uniform for each practical session.
- Full school uniform for each theory session.

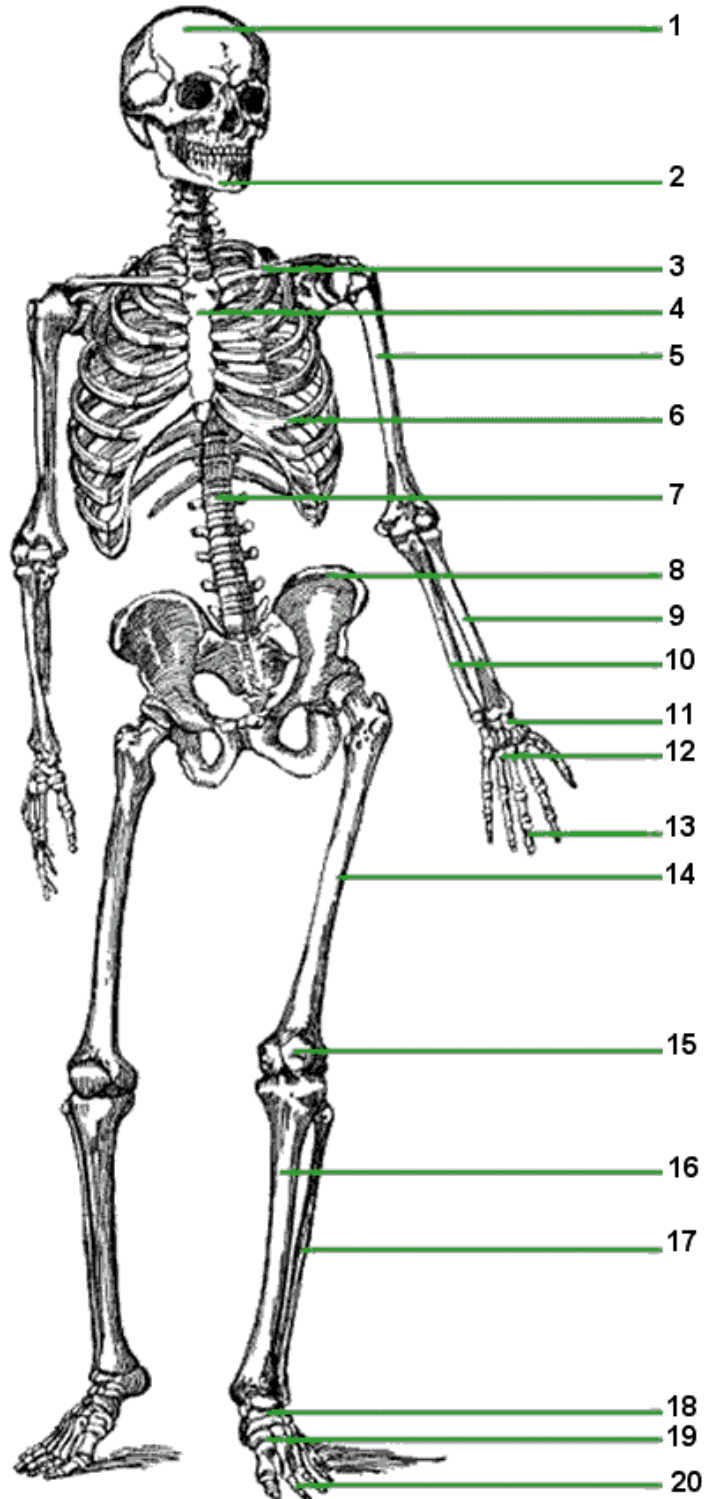
*If injured or unwell you will be assisting with the lab.



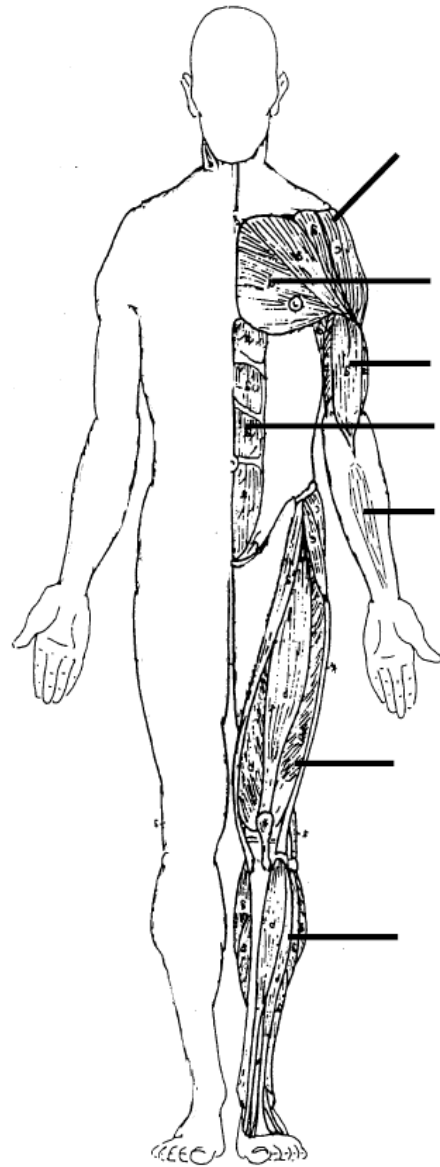
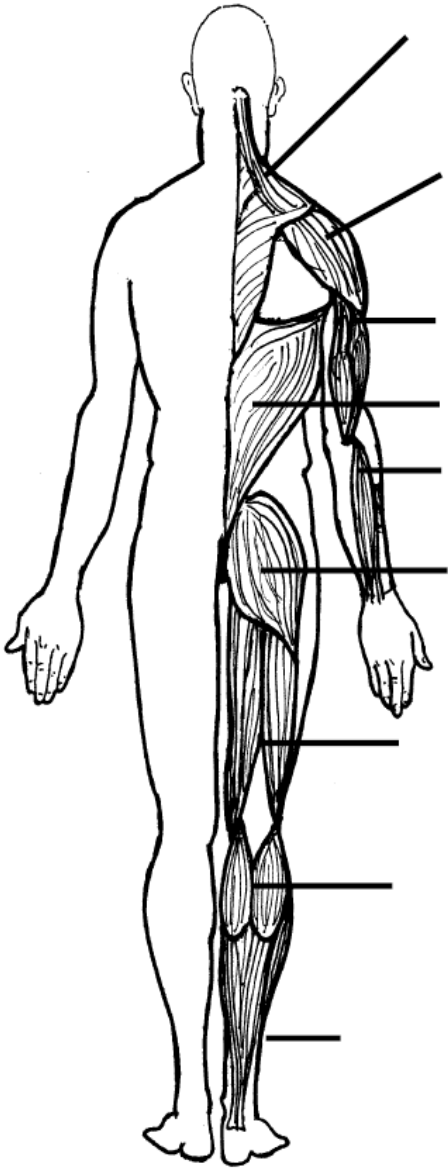


The Skeletal System

Name: _____ Due Date: _____



The Muscular System



Date	Content & Textbook Reference	Text Chapter	Practical and Learning Activities	Assessment, Homework & Important Dates
UNIT ONE				
Week 1	Holiday Homework Collection The Neuromuscular & Musculoskeletal Systems Review Transition Work	1	Sticky Note Activity	Holiday Homework
Week 2	Muscles Nervous control of muscles (p.14)	1	Clickview – Sliding filament theory	Thinking Things Through (p.16)
Week 3	Sliding filament theory (p.20) Types of contractions & fibre type (p.22)	1	Lab Activity (p.27)	Thinking Things Through (p.22) Chapter Review Questions (p.29) Lab Activity
Week 4	The Cardiovascular System Structure of the heart (p.31) Blood flow through heart and blood vessels (p.34-37) Managing different workloads	2	Poster - trace the path of a blood cell through the heart, body & lungs Lab Activity (p.39)	Thinking Things Through (p.34) Thinking Things Through (p.37)
Week 5	The Respiratory System Structure of the airways (p.37) Mechanics of breathing (p.38) Gaseous exchange	2	Lab Activity (p.42)	Thinking Things Through (p.39) Chapter Review Questions (p.44)
Week 6	Revision of first 5 weeks of work for SAC	1 & 2	Create a model of the respiratory system Role play A-VO ₂ difference	SAC 1 Body Systems Written Test
Week 7	Aerobic & Anaerobic Pathways Foods & energy conversion Carbs, fats & proteins (p.46-48)	3		Thinking Things Through (p.48)
Week 8	Introduction to energy systems (p.49) ATP-PC System (p.50) Lactic Acid System (p.51)	3	Positional Team sport prac (Netball) with questions on energy system use.	Thinking Things Through (p.53) Chapter Review Questions (p.60) Lab Questions

	Aerobic System (p.52)		Draw a table comparing energy systems	
Week 9	Energy system interplay (p.56) LIP	3 Unit 3 (5)	Shuttle Run Lab (p. 58) Eduguide running lab	Lab Questions
Week 10	Revision of energy systems	3 Unit 3 (5)	Clickview Energy Systems Review of lab report and revision questions "Blood Lactate Accumulation during Exercise" p. 14 Eduguide	SAC revision
Holidays 5 Apr-22 Apr. Aerobic & Anaerobic Pathways SAC Revision.				
Week 1	Response to Exercise Acute Responses to Exercise Oxygen Uptake	Unit 3	Acute responses to exercise worksheet. Oxygen Uptake written report (Eduguide p. 4 & 5)	SAC 2 Energy Systems Case Study
Week 2	Chronic Adaptations to Training	Unit 3	Chronic adaptations worksheet Running & Cycling Test Lab Report Chronic Adaptations research report	Lab Questions Research Report
Week 3	Fatigue/Recovery	Unit 3	Fatigue & Recovery Summary Sheet Fatigue & Recovery Lab Report Reading Circle Articles & Reflection Task	Lab Questions
Week 4	Exercise Preparation Nutrition and hydration Physiological preparation	Unit 4	Eduguide pp. 5-6. Written Report: Hydration, Ipads Hydrotherapy Lab Report Hydration Lab Report	Lab Questions
Week 5	SAC 3 – Responses to Exercise. Completed in class time and at home. SAC not to be taken home.	Unit 4	At least one period booked in Computer Room to research.	SAC 3 Responses to Exercise/ Exercise Prep Written Report.

Week 6	UNIT 1 EXAM REVISION		Exam Revision Questions	Exam Revision Questions Thursday- Senior Sport
Week 7	UNIT 1 EXAM REVISION		Exam Revision Questions	UNIT 1 EXAM
Week 8	Unit 1 exam debrief. Chapter 10 ppt.	Unit 2	TTT p.202 Reaction Time IT Task. Stages of learning table.	
Week 9	Chapter 10 ppt.	Unit 2	TTT p.207 Juggle Practice Lab. VARK questionnaire.	YEAR 10 WORK EXPERIENCE
Week 10	Chapter 10 ppt.		Basketball Feedback Lab. Review questions p.218-219. Hand out coaching holiday homework task.	YEAR 10 WORK EXPERIENCE
Holidays 28 Jun-14 Jul. Coaching Holiday Homework.				

ANATOMICAL TERMS

TERM	DEFINITION	EXAMPLE & DIAGRAM
Superior	A position towards your head	Ears are superior to your chin
Inferior	A position away from your head	Clavicle is inferior to your nose
Anterior		
Posterior		
Medial		
Lateral		
Proximal		
Distal		
Prone		
Supine		
Superficial		
Deep		

TYPES OF MOVEMENTS

Movement	Definition	Example in body
Flexion	Angle of the joint is decreased (bends)	Pulling forearm from 180° to 90°
Extension	Angle of the joint is increased (straightens)	Lowering forearm from 90° to 180°
Adduction		
Abduction		
Medial rotation		
Lateral rotation		
Circumduction		
Supination		
Pronation		
Eversion		
Inversion		
Plantar flexion		
Dorsi flexion		



Unit 1 Physical Education Laboratory Report

The Musculoskeletal System Circuit

NAME: _____ **DUE DATE:** _____

AIM: To examine the ways in which the musculoskeletal system allow movement in the human body.

EQUIPMENT: Handout and circuit cards.

METHOD:

- Work in pairs
- Move around the room and perform 10 repetitions of each activity in circuit one at a time.
- Whilst your partner is completing the task, fill out the handout with muscles, joint and joint actions.

RESULTS:

Record on handout.

DISCUSSION:

1. The musculoskeletal system is made up of the bones, joints and muscles of the human body. What are the other three things that are included in this system?
2. What are the six functions of this system?
3. What is the difference between the axial and appendicular skeleton?
4. Which section of the skeleton is more likely to be broken or fractured during a game of handball?
5. Fill out the table below using page 6 of the textbook.

Type of joint	Amount of movement	Example(s)

CONCLUSION:

1. Summarise the results of this laboratory report.
2. List three things you learnt from this laboratory report.

MARKS:

MARKS	4	3	2	1	0
Lab Sheet Attached:				Satisfactory	Non Satisfactory
Participation:	Excellent	Very Good	Good	Satisfactory	Non Satisfactory
Results Data:	Excellent	Very Good	Good	Satisfactory	Non Satisfactory
Discussion:	Excellent	Very Good	Good	Satisfactory	Non Satisfactory
Conclusion	Excellent	Very Good	Good	Satisfactory	Non Satisfactory
Presentation:	Excellent	Very Good	Good	Satisfactory	Non Satisfactory
Due Date:	Excellent	Very Good	Good	Satisfactory	Non Satisfactory

Body Weight Circuit

Name: _____

Date: _____

Class: _____

Activity	Agonist Muscles	Joint Type	Joint Actions
1. Push Ups			
2. Sit Ups			
3. Squats			
4. Calf Raises			
5. Plank			
6. Star Jumps			
7. Walking Lunges			
8. Step Ups			
9. Superman			
10. Dips			



Maribyrnong Secondary College
VCE Physical Education

Summer Holiday Homework

Name: _____ Due Date: _____

Please complete the following in your workbook or on loose leaf paper/typed up. Your task is to collect 6 photos from a newspaper and/or magazine showing people doing sport or physical activity.

For each picture complete the following questions:

- a) Name the sport being played and the movement. For example: tennis serve or AFL handpass etc...
- b) Label as many bones as possible on the picture (minimum of 4). Use your diagram of the skeleton to assist you.
- c) Label as many muscles as possible on the picture (minimum of 4). Use your diagram of the muscles to assist you.

Using one picture complete the following questions:

- d) List 4 main injuries associated with that sport. For example: Netball and ACL knee injury.
- e) Next to each injury state whether the injury is associated with either: bones, muscles, ligaments, cartilage or tendons.
- f) Name three ways your knowledge of the musculoskeletal system will assist you as an athlete and/or coach in your sport.

Well done!

Remember to keep revising your bones and muscles 😊

ANATOMY ARCADE
Skeletal System

Name: _____

Due Date: _____

Your task:

- Log onto "Anatomy Arcade" www.anatomyarcade.com
- Click on "Whack a bone"
- Fill in the following table with your results.

Level 1 Scores:

	Arm	Leg	Core
Build			
Scan			
Whack			
Sub Total			

Total Level 1 Score: _____

Scan Harold- Level 2 Total Score: _____

Wack Harold- Level 3 Total Score: _____

Total Score: _____

***Extra Revision:**

If you would like some extra revision have a go at the "Major Bones Crossword"

Muscular System

Your task:

- Log onto “Anatomy Arcade” www.anatomyarcade.com
- Click on “Poke a Muscle”
- Fill in the following table with your results.

Level	View	Stage	Score
Level 1	Anterior 8 muscles	Scan	
		Poke	
	Posterior 8 muscles	Scan	
		Poke	
Level 2	Anterior 17 muscles	Scan	
		Poke	
	Posterior 15 muscles	Scan	
		Poke	
Level 3	Pose 24 Muscles	Scan	
		Poke	
Total Score			

*Extra Revision:

If you would like some extra revision have a go at the “Major Muscles Crossword”