

## ***Years 11 - 12 Physical Education***

Physical Education involves the study of physical activity and engages students as intelligent performers, learning in, about and through physical activity. Physical Education focuses on the complexity of, and interrelationships amongst, psychological, biomechanical, physiological and sociological factors which influence individual and team physical performances, and wider social attitudes to physical activity. Intelligent performance involves rational and creative thought at a high level of cognitive functioning and engages students, not only as performers but also as analysts, planners and critics in, about and through physical activity. It is this intelligent performance that distinguishes students as being physically educated, which shapes the global aims of Physical Education. Physical Education aims to allow students to become physically educated as self-directed, interdependent and independent learners.