

## Physical Education

Year	Fi1 Technique and skill development	Fi2 Problem solving and decision making	Fi3 Officiating, leadership and coaching	Fi4 Physical and mental fitness	Fi5 Healthy lifestyles
<b>7</b>	<ul style="list-style-type: none"> <li>Basic skills and techniques across a range of sporting activities</li> <li>Applying basic skills and techniques for successful play</li> </ul>	<ul style="list-style-type: none"> <li>Obstacles that participants may encounter across various sporting activities</li> <li>Making decisions to overcome these challenges</li> </ul>	<ul style="list-style-type: none"> <li>Basic rules necessary to participate and officiate a variety of sports</li> <li>Essential leadership skills required when engaging in sporting activities</li> </ul>	<ul style="list-style-type: none"> <li>Effects of exercise on the body and mind</li> </ul>	<ul style="list-style-type: none"> <li>Health and basic benefits of physical activity on physical and mental health</li> <li>Opportunities available to maintain a healthy lifestyle in school and in the wider community</li> </ul>
<b>8</b>	<ul style="list-style-type: none"> <li>Application of basic skills and techniques in competitive situations</li> </ul>	<ul style="list-style-type: none"> <li>Decision making about which strategies and tactics are most effective to overcome common problems faced in sporting activities</li> </ul>	<ul style="list-style-type: none"> <li>Application of basic rules when playing and officiating in a range of sporting activities.</li> <li>Using leadership skills to effectively lead activities</li> </ul>	<ul style="list-style-type: none"> <li>Different types of fitness and which are used in which sporting activities</li> </ul>	<ul style="list-style-type: none"> <li>Promoting Physical and Mental health by participating in a range of physical activities</li> </ul>
<b>9</b>	<ul style="list-style-type: none"> <li>Performance of advanced techniques and skills in a range of sporting activities</li> </ul>	<ul style="list-style-type: none"> <li>Challenging complex situations when taking part in a range of sporting activities</li> <li>Decisions making to select strategies to overcome these challenges</li> </ul>	<ul style="list-style-type: none"> <li>Knowledge of advanced rules to participate at a higher standard in sporting activities</li> <li>Application of sporting techniques and leadership skills to coach activities</li> </ul>	<ul style="list-style-type: none"> <li>Basic types of fitness training that can be used to improve specific fitness components</li> </ul>	<ul style="list-style-type: none"> <li>Weight and stress management through taking part in fitness training and physical activities</li> <li>Nutrients needed to support these activities and their impact on weight management</li> </ul>
<b>10</b>	<ul style="list-style-type: none"> <li>Application of advanced techniques and skills in a range of previously taught and new sporting activities</li> </ul>	<ul style="list-style-type: none"> <li>Decision making about advanced strategies and tactics that are most effective to overcome complex problems faced in a range of sporting activities.</li> </ul>	<ul style="list-style-type: none"> <li>Application of advanced rules during participating and officiating in sporting activities</li> <li>Advanced leadership skills to coach in a wider range of activities.</li> </ul>	<ul style="list-style-type: none"> <li>Fitness tests and advanced methods of training that can be used to test and improve specific fitness components</li> </ul>	<ul style="list-style-type: none"> <li>Specific training methods to promote physical health and stress management</li> <li>Positive impacts of good physical and mental health on the future</li> </ul>
<b>11</b>	<ul style="list-style-type: none"> <li>Performing and correctly applying advanced techniques and skills</li> </ul>	<ul style="list-style-type: none"> <li>Correctly applying advanced strategies and tactics during performance</li> </ul>	<ul style="list-style-type: none"> <li>Application of rules, leadership skills and developed character traits in performance</li> </ul>	<ul style="list-style-type: none"> <li>Participating in a range of physical activities to benefit their future and fitness</li> </ul>	<ul style="list-style-type: none"> <li>Lifelong Physical activity to promote physical and mental wellbeing</li> </ul>