



Physical Education

g e n e r a l

ABOUT PHYSICAL EDUCATION

This General course through QCAA is geared towards academically-minded students who have a strong interest in human movement and performance analysis.

Excellent for the intelligent student who enjoys HPE and delving deeper into their own performance.

Across the two-year course, students:

- Investigate fundamental movement concepts and biomechanics
- Explore psychological factors, barriers, and enablers in physical activity
- Develop tactical awareness and ethical behaviour in performance.
- Study and apply concepts surrounding energy, fitness, and training for optimal personal performance.

They evaluate and justify strategies about and in movement by drawing on informed, reflective decision-making about their involvement.

FAST FACTS

- ✓ QCE Credits: Up to 4
- ✓ Typical Pre-Requisites include a B for English or Humanities and a B for HPE or Science
- ✓ 95% of the 5525 students who studied General PE across Qld received a C or better in 2023.
- ✓ Scales at the same level as General Mathematics.



Although students engage heavily in practical activities, it is through purposeful and authentic experiences of gathering, analysing and synthesising data related to this activity that takes focus, with students devising strategies to optimise engagement and performance.

STUDENT QUOTE

“I LIKE THAT WE USE VIDEO TO ANALYSE OUR PERFORMANCES TO UNDERSTAND HOW TO IMPROVE”

NOT GOOD AT SPORT?

As physical performance is only worth 12 marks out of the 100 available, even a moderately competent physical performer who enjoys engaging with theoretical aspects will thrive in this subject. If you enjoy HPE and are academically minded, this subject is for you.



ASSESSMENT

Formative Assessment 1

Project Folio - up to 11 minutes
Biomechanics in Badminton

Formative Assessment 2

In class Examination
Multi-Choice, Short & Extended Response
Motor Learning and Sports Psychology

Formative Assessment 3

Video Evidence of Physical Performance

Formative Assessment 4

Investigation - 2000 words
Equity in Sport and Physical Activity

Internal Assessment 1 (Sum)

Investigation - 2000 words
Ethics and Integrity in Sport & Physical Activity

Internal Assessment 2 (Sum)

Project Folio - up to 11 minutes
Tactical Awareness in Badminton

Internal Assessment 3 (Sum)

Project Folio - up to 11 minutes
Energy, fitness and training in physical activity

External Examination

2 hours response time
Energy, fitness and training in physical activity