

11PHED UNITS 2011

Subject Reference	Physical Education 1.1
Title	Participate actively in a variety of physical activities and explain factors that influence own participation
Level	1
Credits	5

Activities: Badminton/Soccer/Rugby/Volleyball

Subject Reference	Physical Education 1.3
Title	Demonstrate quality movement in the performance of a physical activity
Level	1
Credits	3

Activities: Volleyball

Subject Reference	Physical Education 1.5
Title	Demonstrate interpersonal skills in a group and explain how these skills impact on others
Level	1
Credits	4

Activities: Touch/Softball

Subject Reference	Physical Education 1.7
Title	Demonstrate and describe responsible behaviour for safety during outdoor education activities
Level	1
Credits	3

Activities: Surfing/Rockclimbing

Subject Reference	Physical Education 1.9
Title	Demonstrate self management strategies and describe the effects on participation in physical activity
Level	
Credits	3

Activities: Kayaking/Orienteering