

# YEAR 10 - Physical Education

## Unit Outline - Basketball



### Course Description:

Students will learn and develop higher levels of skills in the sport of Volleyball. Students demonstrate these skills in the

### Course Outcomes:

By the end of this unit students should be able to:

- **Have developed individual player skills**
- **Understand and interpret the rules of a Volleyball game**
- **Be able to**
- **Demonstrate communication and co-operation skills that enhance interpersonal and group interaction**

### Course Organisation:

The organisation of the unit will be:

All lessons are practical sessions, with various rules and skills being incorporated into every lesson.

The focus is on developing the students' skills with the expectation they will transfer them into a competitive environment where higher levels of skill can be demonstrated.

**Please note: Inclement weather, incursions, excursions and assemblies can all alter the schedule of this course.**

### Course Vocabulary:

Lay-up, Three-pointer, charge, block, defence, offense,

**Course Timeline:**

<b>Wk</b>	<b>Activity</b>	<b>Assessment</b>
1	Specific Skill – Lay-ups and Dribbling	<b>On-going Skill Development &amp; Sportsmanship</b> Using the Outcome & Standards Checklist in Physical Education.
2	Specific skill – Charging and Blocking Fouls	<b>On-going Skill Development &amp; Sportsmanship</b> Using the Outcome & Standards Checklist in Physical Education.
3	Specific skill – Defence and Offence set up	<b>On-going Skill Development &amp; Sportsmanship</b> Using the Outcome & Standards Checklist in Physical Education.
4	Specific skill – Shooting, three point and free throws	<b>On-going Skill Development &amp; Sportsmanship</b> Using the Outcome & Standards Checklist in Physical Education.
5	Game	<b>On-going Skill Development &amp; Sportsmanship</b> Using the Outcome & Standards Checklist in Physical Education.

## Assessment Outline -

**Course Assessment:**

<b>Wk</b>	<b>Assessment type</b>	<b>Weighting</b>	<b>Marks achieved</b>	<b>Your Total</b>
		%		
	Self-Management Skills	25%		
	Skills for Physical activity	25%		