Parents/guardians can use the subject description to get an understanding of the type of work students have completed over the semester.

Physical Education - Fitness

The Physical Education Fitness course investigates the different strategies and techniques used to improve fitness levels. The course comprises both a theoretical and a practical component, with students seeking to improve their personal fitness levels through training and team based activities. Students will study:

- Formulating and writing fitness programs
- Pre client screening
- Fitness testing
- Methods of training
- Body systems – muscular and skeletal

Subject specific skills

<table>
<thead>
<tr>
<th>Skill</th>
<th>Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motor skill development</td>
<td></td>
</tr>
<tr>
<td>Fitness</td>
<td></td>
</tr>
<tr>
<td>Research and investigation</td>
<td></td>
</tr>
</tbody>
</table>

Where attendance has dropped below 85% (the requirement for an S in the senior school) without good reason, this is also cause for concern. Students need to be in class to maximise their learning opportunities with the support of their teacher.

Students in Years 9B-11 will receive a 'Satisfactory' or 'Not satisfactory' result for their subjects. A 'Not satisfactory' result means the student has not passed the subject for that semester. In Year 10 this will be because the work or attendance requirements have not been met or because the student has not passed the exam. In VCE this will be because either the attendance requirement has not been met or the student has not been able to show the minimum level of achievement required to meet the set outcomes.

If all tasks are completed a student receives a 'Yes'. If the teacher has put 'No' for 'Required assessment tasks completed' this presents an opportunity to discuss what work wasn’t completed and why.

Exams scales are only used on Year 9B, 10 & 11 reports.

Where attendance has dropped below 85% (the requirement for an S in the senior school) without good reason, this is also cause for concern. Students need to be in class to maximise their learning opportunities with the support of their teacher.

The most important elements of the subject report are the progress and exam scales. 'Good' and 'Very good' results should be celebrated. The student is clearly putting in an effort to improve his/her skills. 'No progress' or 'Little progress' are cause for concern since we firmly believe that all students are capable of making progress in their learning regardless of the level they start at. Exams scales are only used on Year 9B, 10 & 11 reports.

Teacher: Mr C HOLTON