

St. Joseph's College, Gregory Terrace

Health and Physical Education

Year 11 PE Term 3 Checklist



Multi-modal Assignment:

- Complete all performance tasks from work booklet
- Familiarise yourself with the help sheets on the Year 11 PE Moodle page to construct your multi-modal response.

Acquired Knowledge:

- Biomechanical analysis of table tennis (video)
- Force and motion
- Momentum and inertia
- Projectile motion
- Equilibrium and balance
- Construction of a multi modal response

Applied Knowledge:

- Video analysis
- Use of Vidalyze analysis software
- Which biomechanical principles apply to your table Tennis performance

Evaluative Knowledge:

- Analysis of table tennis performance
- Selection of appropriate biomechanical principles that apply to own performance
- Explanation of how biomechanical principles have been utilised in order to improve performance.
- Justification of personal performance evaluation
- Use of primary and secondary data sources