



Government of **Western Australia**
School Curriculum and Standards Authority

PHYSICAL EDUCATION STUDIES

General course

**Year 12 syllabus – What’s changing: Rationale and Aims
For teaching in 2027**

Acknowledgement of Country

Kaya. The School Curriculum and Standards Authority (the Authority) acknowledges that our offices are on Whadjuk Noongar boodjar and that we deliver our services on the country of many traditional custodians and language groups throughout Western Australia. The Authority acknowledges the traditional custodians throughout Western Australia and their continuing connection to land, waters and community. We offer our respect to Elders past and present.

Background

As part of the Western Australian Certificate of Education (WACE) Refreshment for reviewing the nomenclature of courses, the Authority has updated the rationale and aims of each syllabus.

The revised rationale and aims are aligned with the mapping of the general capabilities to provide clear connections between the rationale, aims and syllabus content. The rationale outlines what the subject is about and why it is important. It describes what students can expect to study in the course, along with the knowledge, skills and understandings they will develop throughout the course. It also explains how these can be applied in everyday life and references potential future pathways, outlining how students might connect what they learn in the course to further education, training and employment opportunities.

Important information

WACE Refreshment: Reviewing the nomenclature of courses

This document contains information that will be included in the syllabus effective from 1 January 2027.

Users of the syllabus are responsible for checking its currency.

Syllabuses are formally reviewed by the Authority on a cyclical basis, typically every five years.

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Rationale

The Physical Education Studies General course examines movement principles and their application to performance. The course builds on students' understanding of how the body functions during physical activity and the factors that influence performance. It provides opportunities for students to apply this knowledge to enhance personal and team performance.

Students engage in a range of sports and physical activities, through which they explore concepts in anatomy, physiology, biomechanics and motor learning. They apply these to develop skills and improve performance outcomes at both the individual and team levels.

Students develop performance analysis skills as well as refining their individual and tactical skills. They learn about a variety of training methods and ways in which they can be adapted to suit specific performance requirements. They develop leadership abilities and enhance their understanding of the psychological and physiological factors influencing performance.

Students apply their knowledge and skills in real-world contexts by participating in physical activities, assessing performance and developing strategies to improve individual and team outcomes. The course encourages students to reflect on their performance and adapt their approaches to enhance success and personal growth.

The Physical Education Studies General course provides a foundation for further education and careers in health, sport science, physical education, coaching and fitness training. It equips students with transferable skills in teamwork, communication and problem-solving, supporting future opportunities in the sport and health industries.

Aims

The Physical Education Studies General course aims to develop students’:

- performance through the display and application of movement skills and tactical responses
- self-management and interpersonal skills when undertaking various roles within physical activities
- knowledge and understanding of movement and conditioning concepts, how these influence performance and how to apply them to improve personal and team outcomes
- understanding and application of sport psychology and tactical concepts
- knowledge of mental skills training, motor learning principles and tactical strategies to improve decision-making and performance in games and activities.