

## VCE Masterclasses

### Upcoming:

Subject	Masterclass details	Date & Time	Duration	Presenter	Delivery	Link
<b>PE Unit 4 AoS 1</b> Fitness and training – creating links between analysis, testing and training	Understanding how analysis of skills, assessment of athletes and developing appropriate training programs leads to improvements in fitness.	Wednesday 1 <sup>st</sup> September 4:30PM	90 mins	Rhonda Millander	WebEx	<a href="https://earthed.vic.edu.au/vce-masterclass/fitness-and-training-creating-links-between-analysis-testing-and-training/">https://earthed.vic.edu.au/vce-masterclass/fitness-and-training-creating-links-between-analysis-testing-and-training/</a>
<b>PE Unit 4 AoS 2</b> Chronic adaptations – solving the puzzle	Why are adaptations for aerobic and anaerobic athletes different? Common mistakes students often make and learning how to avoid them.	Thursday 9 <sup>th</sup> September 4:30PM	90 mins	Rhonda Millander	WebEx	<a href="https://earthed.vic.edu.au/vce-masterclass/chronic-adaptations-solving-the-puzzle/">https://earthed.vic.edu.au/vce-masterclass/chronic-adaptations-solving-the-puzzle/</a>
<b>PE Units 3&amp;4</b> Exam prep – getting the most from your study	This session concentrates on exam technique. What are assessors looking for? How to excel in your Physical Education exam. Practical ways to tackle the end of year exam.	Thursday 30 <sup>th</sup> September 4:30PM	90 mins	Rhonda Millander	WebEx	<a href="https://earthed.vic.edu.au/vce-masterclass/exam-prep-getting-the-most-from-your-study/">https://earthed.vic.edu.au/vce-masterclass/exam-prep-getting-the-most-from-your-study/</a>

### Recorded Masterclasses:

Subject	Masterclass Details	Duration	Presenter	Recording link	Documents
<b>PE Unit 3 AoS 2</b> Energy production and fatigue – keeping it simple	How do we produce energy to move and what causes us to stop or slow down? Breaking down the key areas of energy systems and causes of fatigue into manageable parts. Not all energy system questions are the same. What are assessors looking for?	90 mins	Rhonda Millander	You can watch the recording of this masterclass via the link below: <a href="https://youtu.be/Teq3_s-lm_Y">https://youtu.be/Teq3_s-lm_Y</a>	The associated documentation for this presentation can be downloaded via the below link: <a href="https://drive.google.com/file/d/12OL_a5kUCp0RETnJZmD_CZg5wjNwYUFA/view?usp=sharing">https://drive.google.com/file/d/12OL_a5kUCp0RETnJZmD_CZg5wjNwYUFA/view?usp=sharing</a>
<b>PE Unit 3 AoS 1</b> Breaking down the challenges of biomechanics	Biomechanics, understanding the key terms and applying these to the sports we play.	90 mins	Rhonda Millander	You can watch the recording of this masterclass via the link below: <a href="https://youtu.be/iuUKzoP7gxE">https://youtu.be/iuUKzoP7gxE</a>	The associated documentation for this presentation can be downloaded via the below link: <a href="https://drive.google.com/file/d/14_I07FryZebLBWld4bEkY2yk8ckEWYua/view?usp=sharing">https://drive.google.com/file/d/14_I07FryZebLBWld4bEkY2yk8ckEWYua/view?usp=sharing</a>

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