PHYSICAL ACTIVITY AND SPORTS STUDIES

Year 10 PASS (200 hr program)

Topic Outline

Theory

Areas of study:
Physical Activity and Sport in Society & Enhancing Participation and Performance
- Coaching (theory and practical)
- Technology, Participation and Performance
- Issues in Physical Activity and Sport
- Lifestyle, Leisure and Recreation (theory and practical)
- Olympics

Practical

Based on applying theory:
- Coaching task
- Lifestyle, Leisure and Recreation

Choice of sport based on availability of playing area, equipment and weather:
- Badminton
- Oztag/Touch Football
- Archery
- Lacrosse
- Basketball
- Soccer – Indoor/Outdoor
- Volleyball
- Netball

Assessment

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Content</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>Unit Tests</td>
<td>Coaching Technology, Participation and Performance Issues in Physical Activity and Sport</td>
<td>10%</td>
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<tr>
<td>Major Assignment</td>
<td>Coaching Task</td>
<td>30%</td>
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<tr>
<td>Half Yearly Exam</td>
<td>Coaching Technology, Participation and Performance</td>
<td>15%</td>
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<td>Minor Assignment</td>
<td>Drugs in Sport Assignment</td>
<td>15%</td>
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<tr>
<td>Yearly Exam</td>
<td>Coaching Technology, Participation and Performance Issues in Physical Activity and Sport, Lifestyle, Leisure and Recreation</td>
<td>20%</td>
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Outcomes Assessed

**Half Yearly Report**

**Theory**
4.2 displays management and planning skills to achieve personal and group goals
2.1 discusses the nature and impact of historical and contemporary issues in physical activity and sport

**Practical**
4.3 performs movement skills with increasing proficiency

**Yearly Report**

**Theory**
4.2 displays management and planning skills to achieve personal and group goals
2.1 discusses the nature and impact of historical and contemporary issues in physical activity and sport
2.2 analyses physical activity and sport from personal, social and cultural perspectives
4.4 analyses and appraises information, opinions and observations to inform physical activity and sport decisions.

**Practical**
4.3 performs movement skills with increasing proficiency