PHYSICAL ACTIVITY AND SPORTS STUDIES

Year 8 PASS (one semester program)

Topic Outline

Theory

Body Systems – Skeletal, Muscular, Cardiovascular and Respiratory systems.

Physical Fitness – fitness tests e.g. beep test at the start of year and re-test at the end of semester.

Practical

Choice based on availability of playing area, equipment and weather:

- Badminton
- Oztag/Touch Football
- Archery
- Lacrosse
- Basketball
- Soccer – Indoor/Outdoor

Assessment = 100% semester mark

Theory (50%)

Unit tests for each system (20%)
Semester Exam – covering all content taught (30%)

Practical (50%)

Mark based on effort, skill, tactical awareness, game play and teamwork.

Outcomes Assessed

Theory

1.1 discusses factors that limit and enhance the capacity to move and perform

Practical

3.1 demonstrates actions and strategies that contribute to enjoyable participation and skilful performance

4.3 performs movement skills with increasing proficiency