PHYSICAL ACTIVITY AND SPORTS STUDIES

Year 9 PASS (200 hr program)

Topic Outline

Theory

Area of study: Foundations of Physical Activity

- Body Systems and Energy for Physical Activity
- Physical Fitness (Theory & Practical)
- Fundamental Movement Skills (Theory & Practical)

Practical

Based on applying theory:
- Physical Fitness tests
- Fundamental Movement skills

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

Theory

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Content</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unit Tests</td>
<td>Body Systems Energy for physical activity Physical Fitness Fundamental Movement Skills</td>
<td>10%</td>
</tr>
<tr>
<td>Minor Assignment</td>
<td>Research Assignment on medical conditions of each body system</td>
<td>10%</td>
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<tr>
<td>Half Yearly Exam</td>
<td>Body Systems, Energy Systems Physical Fitness</td>
<td>20%</td>
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<tr>
<td>Major Assignment</td>
<td>Fitness Analysis Training Plan</td>
<td>20%</td>
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<tr>
<td>Yearly Exam</td>
<td>Body Systems Energy for physical activity Physical Fitness Fundamental Movement Skills</td>
<td>20%</td>
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<tr>
<td>Practical</td>
<td>All practical units completed. Mark based on effort, skill, tactical awareness, game play and teamwork</td>
<td>20%</td>
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Outcomes Assessed

Half Yearly Report

Theory
1.1 discusses factors that limit and enhance the capacity to move and perform
1.2 analyses the benefits of participation and performance in physical activity and sport

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

Yearly Report

Theory
1.1 discusses factors that limit and enhance the capacity to move and perform
1.2 analyses the benefits of participation and performance in physical activity and sport
3.2 evaluates the characteristics of enjoyable participation and quality performance in physical activity and sport

Practical
3.1 demonstrates actions and strategies that contribute to enjoyable participation and skilful performance
4.1 works collaboratively with others to enhance participation, enjoyment and performance