

Year 10 - PASS 2024

TERM 1			
TIMING: 10 weeks	<p>THEORY: Sports Coaching - Students learn about developing skills in coaching and instruction. Students investigate qualities of effective coaching and assess their own and others' coaching skills to become more effective coaches. Students will engage in practical lessons to apply and develop their coaching skills.</p> <p>PRACTICAL: Students will engage in a range of activities enabling them to perform movement skills while increasing proficiency and demonstrating actions and strategies that contribute to enjoyable participation and skilful performance. Students will study the rules and regulations of various sports, including training approaches to develop skills and tactics.</p>		
	UNIT OVERVIEW		ASSESSMENT
	<p>THEORY</p> <p>Qualities of effective coaching</p> <ul style="list-style-type: none"> • describe coaching styles effective in specific contexts • analyse coaching skills that contribute to positive participation and successful performance • discuss positive personal coaching experiences and assess the influence they have had on personal attitudes, participation and performance • demonstrate basic coaching skills by instructing individuals or a small group in a specific movement skill or context • evaluate and provide constructive feedback to a peer or group <p>Coaching roles, responsibilities and ethics</p> <ul style="list-style-type: none"> • research and identify ways to motivate and support individuals, teams and groups • analyse strategies used by coaches to determine their effectiveness in instructing, supporting and motivating others • outline the responsibilities coaches have in ensuring safety • examine ethical coaching approaches • critique a code of conduct for coaches in a selected sport or code • investigate volunteer and formal coaching opportunities and qualifications 	<p>Practical</p> <p>Invasion Games</p> <ul style="list-style-type: none"> • Volleyball • Soccer/ Football <p>Coaching</p> <ul style="list-style-type: none"> • design and conduct a coaching session for a selected physical activity or sport • participate in and/or evaluate a session conducted by an accredited coach 	<p>Task Number: 1</p> <p>Nature of Task: Online coaching course, session design and coaching presentation</p> <p>Percentage: 25%</p> <p>Week: 7</p> <p>Reported: Semester 1</p>

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TERM 2			
TIMING 10 Weeks	<p>THEORY: Sports Coaching - Continued: Students learn about developing skills in coaching and instruction. Students investigate qualities of effective coaching and assess their own and others' coaching skills to become more effective coaches. Students will engage in practical lessons to apply and develop their coaching skills.</p> <p>THEORY: Nutrition and physical activity: Students learn think critically about nutrition to make informed choices. Students have opportunities to assess a wide range of products on the market and evaluate their value and authenticity in supporting good health, wellbeing and weight management.</p> <p>PRACTICAL: Students will engage in a range of activities enabling them to perform movement skills while increasing proficiency and demonstrating actions and strategies that contribute to enjoyable participation and skilful performance. Students will study the rules and regulations of various sports, including training approaches to develop skills and tactics.</p>		
	UNIT OVERVIEW		ASSESSMENT
	<p>THEORY: Nutrition for physical activity</p> <ul style="list-style-type: none"> • compare nutrient requirements for people who engage in physical activities of varying intensity and duration • analyse advertising techniques used to promote a range of nutritional products in a variety of media texts, for example: liquid meals, energy bars and supplements • design a basic nutritional plan which outlines energy intake required before, during and after physical activity, for example: outdoor expedition, fun run or triathlon 	<p>PRACTICAL Sports Coaching:</p> <ul style="list-style-type: none"> • Student designed sessions <p>Volleyball Soccer/Futsal</p>	<p>Task Number: 2 Nature of Task: Cumulative effort and application of skills in volleyball Percentage: 20% Week: Throughout Term 2 Reported: Semester 1</p>

Year 10 - PASS 2024

TERM 3

THEORY: Body Systems and energy for physical activity: Students learn about production and the roles and contributions of body systems to efficient movement. Students examine body systems through investigation and participation in one or more movement applications.

PRACTICAL: Throughout the term, students will engage in a range of activities enabling them to perform movement skills while increasing proficiency and demonstrating actions and strategies that contribute to enjoyable participation and skilful performance. Students will study the rules and regulations of various sports, including training approaches to develop skills and tactics.

UNIT OVERVIEW

ASSESSMENT

TIMING
10 weeks

THEORY:

- explore the structure of the skeletal and muscular systems by identifying types of bones, muscles and joints
- explore the structure and function of the circulatory and respiratory systems
- participate in physical activities of varying intensity and duration and monitor circulatory and respiratory rates by recording the changes experienced by the body, for example: recovery heart rate
- participate in anaerobic and aerobic activities and examine the influence of energy production on performance.

PRACTICAL:

- Offside Touch

Task Number: 3
Nature of Task:
Cumulative effort and application of skills in Offside Touch
Percentage: 20%
Week:
Throughout Term 3
Reported: Semester 2

Task Number: 4
Nature of Task:
Yearly Examination
Percentage: 35%
Week: 9
Reported: Semester 2

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TERM 4			
TIMING 10 weeks	<p>THEORY: Opportunities and Pathways in Physical Activity and Sport: Students learn about opportunities and career pathways in physical activity, sport and the recreation industry. Students examine the roles within each context to determine the benefits and opportunities available. Students are provided with opportunities to develop their skills in a range of sport, physical activity or recreational roles and, where appropriate, may be given the opportunity to complete a training qualification.</p> <p>PRACTICAL: Throughout the term, students will engage in a range of activities enabling them to perform movement skills while increasing proficiency and demonstrating actions and strategies that contribute to enjoyable participation and skilful performance. Students will study the rules and regulations of various sports, including training approaches to develop skills and tactics.</p>		
	UNIT OVERVIEW		ASSESSMENT
	<p>THEORY:</p> <ul style="list-style-type: none"> • outline various ways people can volunteer in physical activity, sport and recreation industries, for example: surf lifesavers, sports coaches, event organisers, sporting officials, referees • explore opportunities that provide prospects for part or full-time and casual employment in the physical activity, sport and recreation industries, for example: fitness leader, dance teacher, outdoor education • investigate post-school study and career options in physical activity, sport and recreation industries • investigate or complete the qualifications and training requirements necessary for volunteer or paid employment in a physical activity, sport or recreational activity of their choice 	<p>PRACTICAL:</p> <ul style="list-style-type: none"> • Lacrosse • Golf • Badminton 	