

Year 10 - PASS 2022

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 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 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: 20%</p> <p>Week: 7</p> <p>Reported: Semester 1</p> <p>Task Number: 2</p> <p>Nature of Task: Cumulative effort and application of skills in volleyball and soccer/futsal</p> <p>Percentage: 15%</p> <p>Week: Ongoing, Term 1, Week 2 to Term 2, Week 3</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: Physical Fitness: Students learn about the knowledge and understanding of physical activity, physical fitness and its components. Through practical participation, students apply concepts to improve their fitness levels by increasing both planned and incidental activity through the use of fitness measurement and evaluation to set and work towards goals.</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 skillful 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: Physical activity versus physical fitness</p> <ul style="list-style-type: none"> investigate the difference between physical activity and physical fitness explain the contribution of physical fitness to participation, performance and safety analyse the benefits of regular vigorous physical activity on health and wellbeing assess physical activities they enjoy that can assist in developing physical fitness justify how physical fitness enhances performance and safety <p>Developing physical fitness</p> <ul style="list-style-type: none"> examine simple ways to be active in the home using available equipment, for example: stairs, skipping rope, or online fitness videos critically analyse strategies and/or products that are marketed as rapid and effective in developing physical fitness <p>Fitness measurement and evaluation</p> <ul style="list-style-type: none"> investigate the views of young people on fitness measurement critically analyse how fitness measurement and evaluation protocols are used and determine their effectiveness 	<p>PRACTICAL Fitness:</p> <ul style="list-style-type: none"> participate in a specific physical activity and explain the essential components of physical fitness required to perform design and participate in physical fitness routines and training programs using the FITT principle design and demonstrate a training program that aims to develop health and skill-related components of fitness measure physical fitness levels and design strategies to achieve fitness goals in a specific physical activity context <p>Invasion Games:</p> <ul style="list-style-type: none"> Oz-Tag 	<p>Task Number: 3</p> <p>Nature of Task: Fitness Testing and program design</p> <p>Percentage: 20%</p> <p>Week: 9</p> <p>Reported: Semester 2</p> <p>Task Number: 4</p> <p>Nature of Task: Cumulative effort and application of skills in Oz-Tag</p> <p>Percentage: 15%</p> <p>Week: Ongoing, Term 2 Week 3 to Term 3, Week 4</p> <p>Reported: Semester 2</p>

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TERM 3

THEORY: Physical Fitness (continued): Students learn about the knowledge and understanding of physical activity, physical fitness and its components. Through practical participation, students apply concepts to improve their fitness levels by increasing both planned and incidental activity through the use of fitness measurement and evaluation to set and work towards goals.

THEORY: Issues in Physical Activity and Sport: Students learn about various issues in physical activity and sport and their impact. Students examine ethical and legal implications to participants, spectators and the community. They evaluate strategies to bring about positive outcomes for the issue.

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:

Historical issues in physical activity and sport

- investigate the history of one or more issues, for example: drugs, violence.

Current state of play in physical activity and sport

- examine how a variety of issues currently having an impact on the profile of physical activity or sport are represented in the media
- investigate case histories and reflect on the ethical and legal implications associated with the selected issue in relation to participants, spectators and the community
- evaluate the factors that have had an influence on the current state of the issues in physical activity or sport.

PRACTICAL:

- Lacrosse
- Golf
- Badminton

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TERM 4		
TIMING 10 weeks	<p>THEORY: Issues in Physical Activity and Sport- continued Students learn about various issues in physical activity and sport and their impact. Students examine ethical and legal implications to participants, spectators and the community. They evaluate strategies to bring about positive outcomes for the issue.</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>Current state of play in physical activity and sport</p> <ul style="list-style-type: none"> • examine how a variety of issues currently having an impact on the profile of physical activity or sport are represented in the media • investigate case histories and reflect on the ethical and legal implications associated with the selected issue in relation to participants, spectators and the community • evaluate the factors that have had an influence on the current state of the issues in physical activity or sport. <p>Future perspectives</p> <ul style="list-style-type: none"> • evaluate existing strategies which have aimed to promote positive outcomes in relation to the issue • propose additional strategies to redress the issue and predict future directions if the strategies were implemented. 	<p>PRACTICAL:</p> <ul style="list-style-type: none"> • Various invasion games (e.g. soccer, netball).