



SPORT & RECREATION

Applied Senior Subject

Sport & Recreation enables students to engage in sport and recreation activities to experience and learn about the role of sport and recreation in their lives, the lives of others and the community. Active participation in sport and recreation activities is central to the learning in Sport & Recreation. Engagement in these activities provides a unique and powerful opportunity for students to experience the challenge and fun of physical activity while developing vocational, life and physical skills.

The skills developed in Sport & Recreation may be oriented toward work, personal fitness or general health and wellbeing. Students will be involved in learning experiences that allow them to develop their interpersonal abilities and encourage them to appreciate and value active involvement in sport and recreational activities, contributing to ongoing personal and community development throughout their lives.

Each unit requires that students engage in sport and/or recreation activities. They investigate, plan, perform and evaluate procedures and strategies and communicate appropriately to particular audiences for particular purposes.

Pathways

A course of study in Sport & Recreation can establish a basis for further education and employment in the fields of fitness, outdoor recreation and education, sports administration, community health and recreation and sport performance.

Objectives

By the conclusion of the course of study, students should:

1. Investigate activities and strategies to enhance outcomes.

When students investigate, they explore through active participation. When investigating, students use many sources of knowledge, including their own experiences, to validate their findings and bring together a range of views, practices, and related information.

2. Plan activities and strategies to enhance outcomes.

When students plan, they outline details of action—that is, what, who, when, where, and how. This involves sorting, analysing, and reviewing information obtained through investigation to determine appropriate and purposeful activities and strategies.

3. Perform activities and strategies to enhance outcomes.

When students perform, they participate in authentic activities and implement strategies, informed by investigation and planning, to initiate a course of action in a purposeful and controlled way.

4. Evaluate activities and strategies to enhance outcomes.

When students evaluate, they make judgments, based on criteria, to assess strengths and limitations about authentic activities and strategies and reflect on how outcomes could be enhanced.

Structure

Sport and Recreation is designed around four units of work. (*proposed at this stage subject to approval)

Year 11				Year 12			
Unit Option F Emerging trends in sport, fitness and recreation		Unit Option C Challenge in the Outdoors		Unit Option D Coaching and officiating		Unit Option H Fitness for Sport and Recreation	
Term 1	Term 2	Term 3	Term 4	Term 1	Term 2	Term 3	Term 4
-trends in Fitness -emergence of e-sports -rise of urban sports	-strategies / changes to traditional sports	-the meaning of outdoor education -orienteeing and rock climbing	-strategies / changes to outdoor pursuits	-types of coaches -philosophy of coaching -introductory coaching course -coaching a team	-strategies / changes to personal coaching / officiating -referees course	-components of fitness -fitness testing -developing a personalised fitness program	-strategies / changes to fitness training

Assessment

For Sport & Recreation, assessment from Units 1 and 2 are used to determine the student's interim Year 11 result, and consists of four instruments

- two projects
- two performances

Unit Option F Emerging trends in sport, fitness and recreation		Unit Option C Challenge in the Outdoors	
Assessment		Assessment	
F1 Performance	F2 Project	C1 Performance	C2 Project
-students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance Response requirements Performance : Performance: up to 4 minutes Investigation, plan and evaluation : Written: up to 500 words	-students investigate, plan, implement and evaluate a strategy to achieve an identified outcome in a traditional sport Response requirements Investigation and session plan • Written: up to 500 words Performance Performance: up to 4 minutes Evaluation • Written: up to 500 words	-students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance Response requirements Performance : Performance: up to 4 minutes Investigation, plan and evaluation : Written: up to 500 words	-students investigate, plan, implement and evaluate a strategy to achieve an identified outcome in a traditional sport Response requirements Investigation and session plan • Written: up to 500 words Performance Performance: up to 4 minutes Evaluation • Written: up to 500 words

In Units 3 and 4 students complete four summative assessments to determine the students exit result

- two projects
- two performances

Unit Option D Coaching and officiating		Unit Option H Fitness for Sport and Recreation	
Assessment		Assessment	
<p style="text-align: center;">D1 Project</p> <p>-students investigate, plan, implement and evaluate a strategy to achieve an identified outcome in coaching / officiating</p> <p>Response requirements</p> <p>Investigation and session plan • Written: up to 500 words</p> <p>Performance Performance: up to 4 minutes</p> <p>Evaluation • Written: up to 500 words</p>	<p style="text-align: center;">D2 Performance</p> <p>-students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance</p> <p>Response requirements</p> <p>Performance : Performance: up to 4 minutes</p> <p>Investigation, plan and evaluation : Written: up to 500 words</p>	<p style="text-align: center;">H1 Project</p> <p>-students investigate, plan, implement and evaluate a strategy to achieve an identified outcome fitness for sport</p> <p>Response requirements</p> <p>Investigation and session plan • Written: up to 500 words</p> <p>Performance Performance: up to 4 minutes</p> <p>Evaluation • Written: up to 500 words</p>	<p style="text-align: center;">H2 Performance</p> <p>-students participate in the practical lessons focusing on developing, implementing and evaluating strategies to improve performance</p> <p>Response requirements</p> <p>Performance : Performance: up to 4 minutes</p> <p>Investigation, plan and evaluation : Written: up to 500 words</p>

* Please note the written requirement for every assessment in the new course