

## Sample Scope and Sequence: Physical Activity and Sports Studies 200-hour course (A)

*Sample for implementation from 2020*

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<p><b>Practice perfect = perfect practice</b> (25 hours)                      Students participate in a range of individual and group physical activities to enhance movement skills and examine the relationship between fundamental and specialised movement skills. They participate in modified physical activities to demonstrate movement transfer and engage in a range of practice methods. Students identify qualities of effective practise and learn the value of mastering fundamental movement skills.</p>									
<b>Area of study Module(s)</b>	Foundations of Physical Activity Fundamentals of movement skill development and Enhancing performance – strategies and techniques									
<b>Syllabus outcomes</b>	PASS5-1, PASS5-5, PASS5-7, PASS5-9, PASS5-10				<b>Life Skills outcomes</b>		PASSLS-1, PASSLS-5, PASSLS-7, PASSLS-9, PASSLS-10			

Term 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<p><b>Playing it safe</b> (25 hours)                      Students examine risk environments and behaviours, to assess and manage risk in various physical activities and sporting environments. This includes understanding the evolution of protective equipment, rules and regulations, and critiquing guidelines or policies for safe participation. Students apply injury management procedures, techniques and injury rehabilitation in a variety of scenarios.</p>									
<b>Area of study Module(s)</b>	Foundations of Physical Activity Participating with safety									
<b>Syllabus outcomes</b>	PASS5-1, PASS5-7, PASS5-8, PASS5-9, PASS5-10				<b>Life Skills outcomes</b>		PASSLS-1, PASSLS-7, PASSLS-8, PASSLS-9, PASSLS-10			

Term 3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<p><b>Coaching</b> (25 hours)                      Students develop an understanding of the qualities of an effective coach, coaching roles, responsibilities and ethics. They explore short and long-term planning and the ethical implications of technology in regard to a range of participation and performance issues. Students have the opportunity to demonstrate basic coaching skills by designing and conducting a coaching session and instructing individuals or small groups in a specific movement skill or context. They participate in and/or evaluate a session conducted by an accredited coach and investigate volunteer and formal coaching opportunities and qualifications.</p>									
<b>Area of study Module(s)</b>	Enhancing Participation and Performance Coaching and Technology, participation and performance									
<b>Syllabus outcomes</b>	PASS5-5, PASS5-6, PASS5-7, PASS5-8, PASS5-9				<b>Life Skills outcomes</b>		PASSLS-5, PASSLS-6, PASSLS-7, PASSLS-8, PASSLS-9			

Term 4	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<p><b><i>Sport and physical activity in Australia</i></b> (25 hours)            Students explore the historical issues in physical activity and sport and the effects on participants, spectators and society. They examine the role that sport has in shaping Australia's identity and investigate contemporary issues and the impact these may have on future perspectives in sport and physical activity in Australia. Students will investigate the contribution of sport to local and national identities and identify new directions in Australian sporting pursuits by examining a variety of local, state, national and international associations and events.</p>									
<b>Area of study Module(s)</b>	Physical Activity and Sport in Society Australian sporting identity and Issues in physical activity and sport									
<b>Syllabus outcomes</b>	PASS5-3, PASS5-4, PASS5-10				<b>Life Skills outcomes</b>		PASSLS-3, PASSLS-4, PASSLS-10			

## Sample Scope and Sequence: Physical Activity and Sports Studies 200-hour course (B)

*Sample for implementation from 2021*

Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<b><i>Movement efficiency</i></b> (25 hours) Students investigate the contribution of the body systems to efficient movement. They participate in physical activities of varying intensity and duration and use technology to record and analyse the interrelationships between body systems to determine their contribution and importance during physical activity. Students are provided with opportunities to practise and develop movement skills and evaluate strategies and tactics to enhance performance.									
<b>Area of study Module(s)</b>	Foundations of Physical Activity Body systems and energy for physical activity									
<b>Syllabus outcomes</b>	PASS5-1, PASS5-2, PASS5-5, PASS5-7, PASS5-8, PASS5-9, PASS5-10				<b>Life Skills outcomes</b>		PASSLS-1, PASSLS-2, PASSLS-5, PASSLS5-7, PASSLS5-8, PASSLS-9, PASSLS-10			

Term 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<b><i>Fuelling my body</i></b> (25 hours) Students investigate nutritional needs of specific groups for healthy living and for physical activity and performance. They examine marketing and nutritional products with a focus on their impact on weight management. Students participate in anaerobic and aerobic activities to examine energy production and expenditure. They are provided with opportunities to examine case studies on different athletes from a range of sports to design a basic nutritional plan outlining energy intake before, during and after physical activity.									
<b>Area of study Module(s)</b>	Foundations of Physical Activity Nutrition and physical activity									
<b>Syllabus outcomes</b>	PASS5-1, PASS5-2, PASS5-8, PASS5-9, PASS5-10				<b>Life Skills outcomes</b>		PASSLS-1, PASSLS-2, PASSLS-8, PASSLS-9, PASSLS-10			

Term 3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<b><i>Event management</i></b> (25 hours) Throughout the unit, students design, organise, promote and evaluate a sporting event. They are provided with opportunities to develop enterprise and organisational skills required for effective event management by exploring the personal skills and qualities required for effective event management. Students research a major event and design a schedule or draw for an event, proposing modifications that could be made to promote participation and enjoyment for all involved. They have opportunities to promote lifelong leisure and recreation by investigating local facilities and proposing and implementing strategies to increase physical activity in their school or local community.									
<b>Area of study Module(s)</b>	Enhancing Participation and Performance Event management									
<b>Syllabus outcomes</b>	PASS5-3, PASS5-5, PASS5-7, PASS5-8, PASS5-10				<b>Life Skills outcomes</b>		PASSLS-3, PASSLS-5, PASSLS-7, PASSLS-8, PASSLS-10			

Term 4	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
<b>Title and description</b>	<p><b><i>Playing a role</i></b> (25 hours)            Students explore the roles they can play in the physical activity, sport and recreation industries. This includes investigating volunteer, casual, part and full-time employment. Students research and investigate a selected career pathway to determine qualifications and training requirements. Students are provided with opportunities to explore the positive characteristics of leaders and demonstrate the personal attributes and skills to perform successfully in a range of physical activity, sport and recreational roles.</p>									
<b>Area of study Module(s)</b>	Physical Activity and Sport in Society Opportunities and pathways in physical activity and sport									
<b>Syllabus outcomes</b>	PASS5-4, PASS5-7, PASS5-8, PASS5-9, PASS5-10				<b>Life Skills outcomes</b>	PASSLS-4, PASSLS-7, PASSLS-8, PASSLS-9, PASSLS-10				