



## Stage 5 Physical Activity and Sports Studies, 100-hour course, Odd Year Scope and Sequence 2020

Term 1	Week	1	2	3	4	5	6	7	8	9	10	11
	<b>Unit - Practical</b>	<b>Enhancing Performance- Strategies and techniques (AOS 3) 30 hours</b>										
	<b>Outcomes</b>	PASS5-5, PASS5-6, PASS5-7, PASS5-8, PASS5-9, PASS5-10 (Life Skills: PASSLS-7, PASSLS-8, PASSLS-9, PASSLS-10)										
	<b>Prac Assessment</b>	Enhancing Performance Practical Participation – ongoing (20%)										
	<b>Unit - Theory</b>	<b>Body systems and energy for physical activity (AOS1) 20 hours</b>										
<b>Outcomes</b>	PASS5-1, PASS5-2, PASS5-9, PASS5-10 (Life Skills: PASSLS-1, PASSLS-2, PASSLS-9, PASSLS-10)											
<b>Theory Assessment</b>								Anatomy and Physiology theory test (30%)				

Term 2	Week	1	2	3	4	5	6	7	8	9	10	
	<b>Unit</b>	<b>Australia's Sporting Identity (AOS 2) 50 hours</b>										
	<b>Outcomes</b>	PASS5-3, PASS5-4, PASS5-10 (Life Skills: PASSLS-3, PASSLS-4, PASSLS-10)										
	<b>Prac Assessment</b>	Practical Participation Australia's Sporting Identity – ongoing (20%)										
	<b>Theory Assessment</b>				Presentation – Australia's Sporting Identity (30%)							

Term 3	Week	1	2	3	4	5	6	7	8	9	10	
	<b>Unit</b>	<b>World Games (School Developed Module) 50 hours</b>										
	<b>Outcomes</b>	PASS5-3, 5-4, 5-7, 5-9, 5-10 (Life Skills: PASSLS-4, PASSLS-7, PASSLS-9, PASSLS-10)										
	<b>Prac Assessment</b>	Practical Participation World Games – ongoing (20%)										
	<b>Theory Assessment</b>									American Football Playbook (30%)		

Term 4	Week	1	2	3	4	5	6	7	8	9	10	
	<b>Unit</b>	<b>Lifestyle, leisure and recreation (AOS 2) 50 hours</b>										
	<b>Outcomes</b>	PASS5-3, PASS5-4, PASS5-5, PASS5-7, PASS5-9, PASS5-10 (Life Skills: PASSLS-3, PASSLS-4, PASSLS-7, PASSLS-10)										
	<b>Prac Assessment</b>	Practical Participation Lifelong Leisure and Recreation - ongoing (20%)										
	<b>Theory Assessment</b>				Leisure Facility Media Promotion (30%)							



## Stage 5 Physical Activity and Sports Studies, 100-hour course, Even Year Scope and Sequence 2020

Term 1	Week	1	2	3	4	5	6	7	8	9	10	11	
	<b>Unit - Practical</b>	<b>Physical Activity and Sport for Specific Groups (AOS 2) 30 hours</b>											
	<b>Outcomes</b>	PASS5-3, PASS5-4, PASS5-5, PASS5-6, PASS5-7 (Life Skills: PASSLS-3, PASSLS-4, PASSLS-7)											
	<b>Prac Assessment</b>	Practical Participation – Physical Activity and Sport for Specific Groups – ongoing (20%)											
	<b>Unit - Theory</b>	<b>Issues in physical activity and sport (AOS 2) 20 hours</b>											
	<b>Outcomes</b>	PASS5-3, PASS5-4, PASS5-10 (Life Skills: PASSLS-3, PASSLS-4, PASSLS-10)											
<b>Theory Assessment</b>										Report – Analysis of a historical issue in sport (30%)			

Term 2	Week	1	2	3	4	5	6	7	8	9	10	
	<b>Unit - Practical</b>	<b>Physical Fitness (AOS 1) 30 hours</b>										
	<b>Outcomes</b>	PASS5-1, PASS5-2, PASS5-6, PASS5-7, PASS5-8, PASS5-9, PASS5-10										
	<b>Prac Assessment</b>	Practical Participation – Physical Fitness – ongoing (20%)										
	<b>Unit - Theory</b>	<b>Technology, Participation and Performance (AOS 3) 20 hours</b>										
	<b>Outcomes</b>	PASS5-6, PASS5-7, PASS5-10 (Life Skills: PASSLS-6, PASSLS-7, PASSLS-10)										
<b>Theory Assessment</b>						Written report – Technology in sport (30%)						

Term 3	Week	1	2	3	4	5	6	7	8	9	10	
	<b>Unit</b>	<b>Event management - Summer Olympics or FIFA World Cup (AOS 3) 50 hours</b>										
	<b>Outcomes</b>	PASS5-5, PASS5-7, PASS5-8, PASS5-10 (Life Skills: PASSLS-5, PASSLS-7, PASSLS-8, PASSLS-10)										
	<b>Prac Assessment</b>	Practical Participation – Major Event (World Cup/Olympics) – ongoing (20%)										
	<b>Assessment</b>									Major Event Organisation and Facilitation (30%)		

Term 4	Week	1	2	3	4	5	6	7	8	9	10	
	<b>Unit</b>	<b>Coaching (AOS 3) 50 hours</b>										
	<b>Outcomes</b>	PASS5-5, PASS5-6, PASS5-7, PASS5-8, PASS5-9 (Life Skills: PASSLS-5, PASSLS-6, PASSLS-7, PASSLS-8)										
	<b>Prac Assessment</b>	Practical Participation – Coaching – ongoing (20%)										
	<b>Assessment</b>				Completion of Coaching Accreditation (30%)							