[Grade 10- HPE TERM 2]: [Aspects of Training]

Achievement Standard:

By the end of Year 10, students critically <u>analyse</u> contextual factors that influence identities, relationships, decisions and behaviours. They <u>analyse</u> the impact attitudes and beliefs about diversity have on community connection and wellbeing. They <u>evaluate</u> the outcomes of emotional responses to different situations. Students access, <u>synthesise</u> and <u>apply</u> health information from credible sources to propose and <u>justify</u> responses to health situations. Students propose and <u>evaluate</u> interventions to improve fitness and physical activity levels in their communities. They <u>examine</u> the role physical activity has played historically in defining cultures and cultural identities.

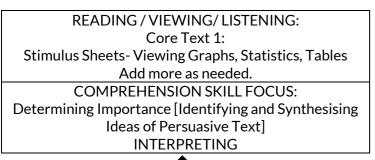
Students <u>demonstrate</u> leadership, fair play and cooperation across a range of movement and health contexts. They <u>apply</u> decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing. They <u>apply</u> and transfer movement concepts and strategies to new and challenging movement situations. They <u>apply</u> criteria to make judgments about and refine their own and others' specialised movement skills and movement performances. They work collaboratively to <u>design</u> and <u>apply</u> solutions to movement challenges.

Unit Specific Information

<u>Theory:</u> In this unit, students will explore the factors associated with the "River of Life Model", addressing barriers, enablers and expectations around physical activity. Students have also acquired knowledge on various aspects of training including energy systems, components of fitness, princicples and methods of training. Students have examined and evaluated demographics in relation to all factors and assess opportunities for improvement.

<u>Practical</u>: In this unit, students will be completing a practical unit involving all athletics event to prepare them for the upcoming school athletics carnival. Each students will be required to perform each specific event while being filmed to allow them to apply criteria to make judgements and refine their own and a peer's event performance

Assessment Details: Theory- Exam Multiple Choice, Short and Extended Response Practical- Skill Analysis of Athletics Event





THINKING: Apply, Design, Evaluate, Design, Justify, Propose, Synthesise, Use



WRITTEN / MULTI-MODAL TEXT Written Response to Stimulus FOCUS: SENTENCE LEVEL, PERSUASIVE TEXTS HIGHLY VALUED LANGUAGE FEATURE FOCUS: Analyse and Explain Key Features of Community Group

ASOT STRATEGIES:

Conducting Direct Instruction Lessons Element 16: Highlighting Critical Information Element 8: Recording and Representing Content

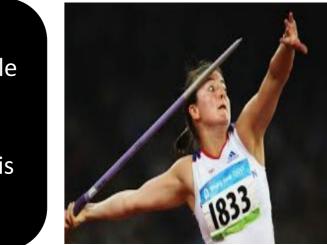
Using Strategies That Appear in All Types of Lessons Element 21: Elaborating on information

GURANTEED VOCAB:

Health, Physical Activity, Health and Skill related fitness components, Training Methods, Principles of Training.

Standard Elaborations

	Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095)	Design, a maintaiı Provi special
2	Exam- 90 Minutes The exam will consist of Part A: 8 Multiple Choice Part B: 5 Short Answer Part C: 1 Extended Response	Task: In the per complete Part 1: Inc Refinemen Part 2: : Po Refinemen



, and evaluate personalised plans for improving or aining their own and others' physical activity and fitness levels (ACPMP102)

ovide and apply feedback to develop and refine ialised movement skills in a range of challenging movement situations (ACPMP099)

erformance environment, you are required to te the following using the help of ICT's: Individual Criteria Application and Technique nents

Peer Criteria Application and Technique nents

Learning Goals:						
Strands and Sub-Strands	Australian Curriculum Content Descriptors	Kirwan High Learning Goals				
Contributing to healthy and active communities	Critically analyse and apply health information from a range of sources to health decisions and situations (ACPPS095)	 I can: Explain and apply the aspects of training (Training principles, Fitness Components, Training Methods) for improvement Apply knowledge on the concepts of fitness in a physical environment Utilise knowledge on aspects of training and apply to improving various athletes Justify fitness decisions in reference to various aspects of training (Training principles, Fitness Components, Training Methods) 				
Learning Through Movement	 Design, and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (ACPMP102) Provide and apply feedback to develop and refine specialised movement skills in a range of challenging movement situations (ACPMP099) 	 I can: I can perform various athletic throwing and jumping events Deconstruct athletic events and movements Analyse challenging movement situations Provide feedback to myself and others for improvement 				

Lesson Sequence:

Week	Lesson 1 – Monday period 4	Lesson 2 Tuesday period 2	Lesson 3- Friday period 2
1	Introduction Theory and Practical Expections Key Dates	Theory: The need for physical Activity Report card – health in Australia	Practical: Completing all throwing and Jumping athletic events. A lesson per event
		The need for physical Activity Barriers – what are they how why do they affect us	
2	Theory: What is training? Why do we do it Energy Systems 	Practical: Athletic Events	Practical: Athletic Events
3	 Theory: What is health related fitness component? 	Practical:Application of Fitness components	Practical: Athletic Events

4	Theory:	Practical:	Theory:
	Skill related fitness components	Application of Fitness components	Practical Assessment Handout and
			Planning
5	Theory:	Practical:	Practical:
	Training Methods	Application of Training Methods	Filming and conducting event
6	Theory:	Practical:	Practical:
	Training Methods	Application of Training Methods	In class time for practical assessment
7	Theory:	Practical:	Hand in Practical Assessment
	Training Principles	Application of Training Principles	
8	Theory:	Adapt the improvements from practical	Writing tasks
	Training Principles		
9	Exam Revision- Formative	Exam Revision- Formative feedback	Athletics Carnival Practise
		improvements	
10	EXAM	Athletics Carnival Practise	Athletics Carnival