

# St George College Senior Secondary Handbook

## **SPORTS SKILLS AND KNOWLEDGE**

**LEVEL:** Year 10

**TIME ALLOCATION:** One semester for 4 lessons per week

### **PROGRAM AIMS:**

This program is primarily designed to prepare students for SACE Stage 1 Physical but may be undertaken for personal interest and development.

- To develop an understanding of the role of sport in society
- To learn about nutrition, weight control and physical activity
- To learn about human movement, anatomy and exercise physiology.
- To develop basic skills in first aid and injury prevention
- To prepare students for SACE Stage 1 Physical Education

### **CONTENT:**

A combination of practical and theory in the following areas:

#### **Theory**

- The role of sport in society
- Nutrition, weight control and physical activity
- Human movement, anatomy and exercise physiology
- First Aid and injury prevention

#### **Practical**

A range of indoor and minor games will be selected based on experience of students involved.

### **ASSESSMENT:**

- Work habits—theory work, participation, personal management, attitude and leadership skills
- Team skills—team interaction, communication and contribution
- Assignments—completion and quality of tasks set
- Tests