

Year 10 Recreation 2018 Semester 2 COURSE OUTLINE			Victorian Curriculum
Week	Topic	Learning Focus	Strands and substrands
1-7	Includes Ski trip, Roller Ski and indoor Strategy Games	Skill session <ul style="list-style-type: none"> • Determine levels of confidence and skill. • Practice activities which reinforce the personal development skills of: persistence, independence, resilience, organisation, goal setting and personal best. • Apply skills learnt in previous years which cross over a wide range of physical and mental challenges 	1B. Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations 3A. Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams
8-9	Golf	<ul style="list-style-type: none"> • Examine the relationship between angles of release and lever length • Explore the demands of differing shots • Understand the link between biomechanics and sport 	1B. Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations 3B. Transfer understanding from previous movement experiences to create solutions to movement challenges
10	Orienteering	<ul style="list-style-type: none"> • Utilise maps and compasses to determine location, using landmarks, bearings and lines of travel • Record a path for others to follow, using bearings and landmarks • Work collaboratively 	3A. Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams 3C. Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities
11 - 12	Bowls/Bocce	<ul style="list-style-type: none"> • Visit a local sporting venue and discover what it offers the community • Participate in a new activity • Learn the rules and ethics involved in the game • Examine cultural factors and the history of the game(s) 	2C. Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time
	Squash	<ul style="list-style-type: none"> • Visit a local sporting venue and discover what it offers the community 	2B. Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences

Please note that all activities are subject to weather, venue availability and timetabling factors

13		<ul style="list-style-type: none"> • Participate in a new activity • Learn the rules and ethics involved in the game Examine cultural factors and the history of the game(s) 	3B. Transfer understanding from previous movement experiences to create solutions to movement challenges
14-15	Clay Target Shooting/Archery	<ul style="list-style-type: none"> • Visit a local sporting venue and discover what it offers the community • Learn about safety and correct handling of firearms and archery gear • Participate in a new activity • Learn the rules and ethics involved in the game • Examine cultural factors and the history of the game(s) 	<p>2B. Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences</p> <p>2C. Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time</p>
16-17	Ultimate Frisbee	<ul style="list-style-type: none"> • Participate in an alternative and new team sport • Understand the rules and expectations of the sport • Play ethically and fairly • Discover alternate variations of the games 	<p>1B. Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations</p> <p>2A. Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels</p>
18-19	Fitness,Excursion and evaluation	<ul style="list-style-type: none"> • Re-visit fitness testing from previous years and examine results • Visit some centres offering non-traditional sports outside of our local area and participate in them. • This could include: Indoor Rock climbing, Laser Tag, Go Karting, Bubble Soccer, Mini Golf, Go Jump Trampoline, Ten Pin Bowling (Please note, not all of these activities will be covered, due to cost and times available) 	<p>1A. Perform and refine specialised movement skills in challenging movement situations</p> <p>2C. Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time</p>

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