

## 2018 VET SPORT & RECREATION - Units 3&4

Week	Competencies and Task/Activities	Learning focus
Headstart		
1		
2	<b>SISSPT303A:</b> Conduct basic warm - up and cool - down programs ( 30 hours )	
3	<b>SIXRES301A:</b> Provide public education on the use of resources (25 hours )	
4	<ul style="list-style-type: none"> <li>Students will conduct a warm – up and cool - down for a specific athletics event for Year 7 P.E classes as well as promote a safety education program in the specific athletics event</li> </ul>	<ul style="list-style-type: none"> <li>Define the scope of warm ups and cool downs</li> <li>Implement warm up and cool down</li> <li>Review and modify warm up and cool down program</li> <li>Develop educational strategies</li> <li>Plan and conduct educational program</li> <li>Evaluate programs</li> </ul>
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9	VCAA assessment :Portfolio 1	
Term 1 Break		
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11	<b>SISXCAI006:</b> Facilitate groups (25 hours )	
12	<b>SISXCAI004:</b> Plan and conduct sport and recreation sessions (35 hours )	
13	Students will conduct P.E Week at Alexandra S.C	<ul style="list-style-type: none"> <li>Plan and conduct recreation sessions to reflect the needs of a range of participants</li> <li>Plan, prepare and conduct the program</li> <li>Conclude and evaluate the program</li> <li>Plan for group establishment, commitment and cooperation</li> <li>Facilitate group processes and performance</li> </ul>
14	In the lead up to the week of activities students will run numerous sessions with peers and junior students, implementing the CHANGE IT principles to practice adapting to varying circumstances	
15	Students will be working as a group to achieve the desired outcome for PE week and will follow group facilitation processes	
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17	VCAA assessment :Portfolio 2	
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19	<p><b>SISSSPT303A:</b> Develop and update knowledge of coaching practices (30 Hours )</p> <p><b>BSBWHS303:</b> Participate in WHS hazard identification with assessment and risk control ( 50 Hours )</p> <ul style="list-style-type: none"> <li>Students will conduct coaching sessions within a junior PE class during their gymnastics unit. Students will develop coaching resources for 10 skills on their chosen apparatus. The student coaches will lead the students through the skills and on to develop a routine</li> </ul>	<ul style="list-style-type: none"> <li>Source and apply general information on coaching principles'</li> <li>Source and apply information on legal and ethical issues that impact on coaching</li> <li>Develop coaching practices</li> <li>Participate in workplace hazard identification and risk assessment</li> <li>Promote and support worker consultation and participation in hazard identification and risk assessment</li> <li>Participate in developing, selecting and implementing WHS risk controls</li> <li>Support effective worker consultation and participation in the risk controls</li> </ul>
20	<ul style="list-style-type: none"> <li>Students will be required to conduct risk assessments of the gymnastics program and facilities</li> </ul>	
Term 2 Break		
21	<p><b>SISSSPT303A:</b> Develop and update knowledge of coaching practices (30 Hours )</p> <p><b>BSBWHS303:</b> Participate in WHS hazard identification with assessment and risk control ( 50 Hours )</p> <ul style="list-style-type: none"> <li>Students will conduct coaching sessions within a junior PE class during their gymnastics unit. Students will develop coaching resources for 10 skills on their chosen apparatus. The student coaches will lead the students through the skills and on to develop a routine</li> </ul> <p>Students will be required to conduct risk assessments of the gymnastics program and facilities</p> <p>VCAA assessment :Performance 1</p>	<ul style="list-style-type: none"> <li>Source and apply general information on coaching principles'</li> <li>Source and apply information on legal and ethical issues that impact on coaching</li> <li>Develop coaching practices</li> <li>Participate in workplace hazard identification and risk assessment</li> <li>Promote and support worker consultation and participation in hazard identification and risk assessment</li> <li>Participate in developing, selecting and implementing WHS risk controls</li> <li>Support effective worker consultation and participation in the risk controls</li> </ul>
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Term 3 Break		
31	<b>REVISION</b>	
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