

Year Level: 10**KLA: Physical Education****Subject: Recreation**

Week	Unit	Learning Focus	Victorian Curriculum
1-3	Swimming, water safety	Explore and understand how to effectively plan and conduct a sport and recreation session for your peers.	Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (VCHPEM158)
4-6	Golf	Investigate the relationship between angle of release and lever length. Explore the different demands of sport. Visit local sporting venue and discover what is offered in the community.	Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (VCHPEM157) Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (VCHPEM156)
7-8	Clay target shooting & Archery	Learn about safety and correct handling of firearms and archery gear. Learn the rules and ethics involved in the game.	Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (VCHPEM157)
9-10	Lawn bowls	Visit local sporting venue and discover what is offered in the community. Learn the rules and ethics involved in the game. Participate in a new activity. Examining representations in the media and community and how these impacts individual decision making around physical activity.	Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations (VCHPEM153) Perform and refine specialised movement skills in challenging movement situations (VCHPEM152)
11-12	Bocce	Learn the rules and ethics involved in the game. Participate in a new activity. Investigating what a healthy, active and sustainable lifestyle incorporates.	Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations (VCHPEM153) Perform and refine specialised movement skills in challenging movement situations (VCHPEM152)
13-16	Orienteering & Bushwalking	Sustainability and the impact we have on the Outdoor environment. Research one of the following; <ul style="list-style-type: none">- Marine national parks and sanctuaries- Grazing in the Alpine National Park	Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (VCHPEM158) Transfer understanding from previous movement experiences to create solutions to movement challenges (VCHPEM159)

		<ul style="list-style-type: none"> - Desalination plant at Wonthaggi - Proposed Great Forest National Park 	
17-18	Rail trail bike riding	Discovering what Biodiversity is, why it is important and how we can help it.	<p>Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (VCHPEM160)</p> <p>Develop, implement and evaluate movement concepts and strategies for successful outcomes (VCHPEM154)</p>
19-20	Excursions and evaluation	<p>Excursion may run throughout the semester depending on dates and availability. Indoor rock climbing, laser tag, Go Karting, bubble soccer, mini golf, ten pin bowling. Not all activities will be covered due to cost and availability</p>	<p>Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (VCHPEM160)</p> <p>Develop, implement and evaluate movement concepts and strategies for successful outcomes (VCHPEM154)</p> <p>Perform and refine specialised movement skills in challenging movement situations (VCHPEM152)</p>