

Sport and Recreation 2019

Study plan 1

Section 1: School statement

School:	Queensland Curriculum and Assessment Authority
Subject code:	6403
Combined class:	No
School contact:	SEO
Phone:	(07) 3864 0375
Email:	seo@qcaa.qld.edu.au

Section 2: Course and assessment overview

Sport and Recreation is a four-unit course of study.

Units 1 and 2 of the course are designed to allow students to begin their engagement with the course content, i.e. the knowledge, understanding and skills of the subject. Course content, learning experiences and assessment increase in complexity across the four units as students develop greater independence as learners.

Units 3 and 4 consolidate student learning.

QCAA approval

QCAA officer:

Date:

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
1	Module 1: Sport nutrition This module develops students' understanding of nutrition and nutritional requirements for performance in sport, particularly basketball. Students will demonstrate physical performance in basketball contexts.	30	Electives • Basketball Categories • Games and sports	Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	1	Investigation Investigate and justify the development of a nutritional plan for a three-day basketball competition. • Written response Research report. 600–800 words	• Acquiring • Applying • Evaluating
1	Module 2: Navigation This module develops students' understanding and skills required for orienteering, including map reading, use of compasses and traversing through different terrains. Students will demonstrate physical performance in orienteering contexts.	25	Electives • Orienteering Categories • Challenge and adventure activities	Sport and recreation in the community • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	2	Performance Demonstrate the application of orienteering knowledge and skills in a range of contexts and evaluate their personal performance in the module. 2.0–4.0 minutes	• Acquiring • Applying • Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
2	Module 3: Coaching your team This module develops students' understanding of coaching principles and allows them to demonstrate and refine their coaching skills in touch football contexts.	30	Electives • Touch football Categories • Games and sports	Sport and recreation in the community • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	3	Project Plan, implement and evaluate the effectiveness of a touch football coaching session for a group of primary students. • Written component Report including a plan of the coaching session, the required equipment for the session and identification of the target audience. 400–700 words • Performance component Demonstration of the coaching skills and principles required to instruct and manage an identified target audience. 2.0–4.0 minutes • Spoken component Interview evaluating individual performance during the coaching session and providing recommendations to enhance future implementation. 1.5–3.5 minutes	• Acquiring • Applying • Evaluating

SAMPLE

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
2	Module 4: Training for fitness - Strength and conditioning This module develops students' understanding of strength and conditioning fitness requirements and how they can enhance physical performance. Students will plan and demonstrate physical performance in a variety of fitness contexts.	25	Electives <ul style="list-style-type: none"> Strength and conditioning Categories <ul style="list-style-type: none"> Lifelong physical activities 	Sport and recreation in the community <ul style="list-style-type: none"> C1.1 Sport and recreation have an important role within Australian society Sport, recreation and healthy living <ul style="list-style-type: none"> C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities <ul style="list-style-type: none"> C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities <ul style="list-style-type: none"> C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	4	Performance Demonstrate the application of knowledge and skills about strength and conditioning in a range of fitness contexts and evaluate their personal performance in the module. 2.0–4.0 minutes	<ul style="list-style-type: none"> Acquiring Applying Evaluating

SAMPLE

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
3	<p>Module 5: Water safety and lifesaving</p> <p>This module develops students' understanding of the skills and concepts involved in water safety and lifesaving, particularly in the completion of a Bronze Medallion. Students will demonstrate physical performance in lifesaving contexts.</p>	25	<p>Electives</p> <ul style="list-style-type: none"> • Lifesaving • Swimming <p>Categories</p> <ul style="list-style-type: none"> • Lifelong physical activities 	<p>Sport and recreation in the community</p> <ul style="list-style-type: none"> • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community <p>Sport, recreation and healthy living</p> <ul style="list-style-type: none"> • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance <p>Health and safety in sport and recreation activities</p> <ul style="list-style-type: none"> • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities <p>Personal and interpersonal skills in sport and recreation activities</p> <ul style="list-style-type: none"> • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	5	<p>Performance</p> <p>Demonstrate the application of knowledge and skills about swimming, lifesaving and water safety in a wide range of contexts and evaluate their performance in the module.</p> <p>2.0–4.0 minutes</p>	<ul style="list-style-type: none"> • Acquiring • Applying • Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
3	Module 6: Event management - Tournament organisation This module develops students' understanding of policies and procedures involved in event management and tournament organisation. Students will apply this knowledge to organise and conduct a futsal tournament.	30	Electives • Futsal Categories • Games and sports	Sport and recreation in the community • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	6	Project Plan and implement a futsal tournament reflecting on an individual's role within the organisation of the tournament and evaluating the effectiveness of the tournament. • Spoken component Interview evaluating individual performance during the implementation of the tournament and making recommendations to improve future implementations. 2.5–3.5 minutes • Performance component Demonstration of the skills necessary for running a tournament. 2.0–4.0 minutes • Written component Report identifying their roles and responsibilities while planning for the implementation of the tournament. 500–900 words	• Acquiring • Applying • Evaluating

SAMPLE

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
4	Module 7: Sport medicine and first aid This module develops students' understanding of first aid principles and injury prevention strategies for sports, with a particular focus on netball. Students will demonstrate physical performance in netball contexts.	30	Electives • Netball Categories • Games and sports	Sport and recreation in the community • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community Sport, recreation and healthy living • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance Health and safety in sport and recreation activities • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities Personal and interpersonal skills in sport and recreation activities • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities	7	Investigation Investigate and justify the injury prevention strategies and first aid treatment options for participants in a weekend netball competition. • Written response Research report. 600–1000 words	• Acquiring • Applying • Evaluating

Unit	Module number and description	Time in hours	Electives and Categories	Core concepts and ideas	Assess no.	Assessment technique, description and conditions	Dimensions
4	<p>Module 8: Sport, recreation and fitness industry</p> <p>This module develops students' understanding of the resources and agencies available for sport, recreation and fitness within the community, as well as available vocational and employment pathways. Students will demonstrate physical performance in badminton contexts.</p>	25	<p>Electives</p> <ul style="list-style-type: none"> • Badminton <p>Categories</p> <ul style="list-style-type: none"> • Games and sports 	<p>Sport and recreation in the community</p> <ul style="list-style-type: none"> • C1.1 Sport and recreation have an important role within Australian society • C1.2 Agencies have a role in the promotion of sport and recreation, in the broader community <p>Sport, recreation and healthy living</p> <ul style="list-style-type: none"> • C2.1 Physical activity in sport and recreation activities supports the development and maintenance of health and performance <p>Health and safety in sport and recreation activities</p> <ul style="list-style-type: none"> • C3.1 Policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities <p>Personal and interpersonal skills in sport and recreation activities</p> <ul style="list-style-type: none"> • C4.1 Personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities 	8	<p>Performance</p> <p>Demonstrate application of knowledge and skills about badminton in a wide range of contexts and evaluate individual performance in the module.</p> <p>2.0–4.0 minutes</p>	<ul style="list-style-type: none"> • Acquiring • Applying • Evaluating

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Teacher:

Student name:

Class:

Year:

Unit	Module of work	Assessment Instrument No.	Assessment Instrument	Formative or Summative	Acquiring	Applying	Evaluating
1	Module one Sport nutrition	1	Investigation	F			
	Module two Navigation	2	Performance	F			
2	Module three Coaching your team	3	Project	F			
	Module four Training for fitness - Strength and conditioning	4	Performance	F			
Interim Standards							
Interim Result							
3	Module five Water safety and lifesaving	5	Performance	S			
	Module six Event management - Tournament organisation	6	Project	S			
4	Module seven Sport medicine and first aid	7	Investigation	S			
	Module eight Sport, recreation and fitness industry	8	Performance	S			
Exit Standards							
Exit Result							