

**Liverpool Girls’ High School**

*Innovation Excellence Learning*

**Physical Activity and Sports Studies (PASS)**

Stage 5 Course Outline

INTRODUCTION TO PHYSICAL ACTIVITY AND SPORTS STUDIES (PASS)

COURSE OBJECTIVES AND OUTCOMES

*1. Students will develop a foundation for efficient and enjoyable participation and performance in physical activity and sport*

1.1 discusses factors that limit and enhance the capacity to move and perform

1.2 analyses the benefits of participation and performance in physical activity and sport

*2. Students will develop knowledge and understanding about the contribution of physical activity and sport to individual, community and societal wellbeing*

2.1 discusses the nature and impact of historical and contemporary issues in physical activity and sport

2.2 analyses physical activity and sport from personal, social and cultural perspectives

*3. Students will enhance the participation and performance of themselves and others in physical activity and sport*

3.1 demonstrates actions and strategies that contribute to enjoyable participation and skilful performance

3.2 evaluates the characteristics of enjoyable participation and quality performance in physical activity and sport

*4. Students will develop the personal skills to participate in physical activity and sport with confidence and enjoyment*

4.1 works collaboratively with others to enhance participation, enjoyment and performance

4.2 displays management and planning skills to achieve personal and group goals

4.3 performs movement skills with increasing proficiency

4.4 analyses and appraises information, opinions and observations to inform physical activity and sport decisions

**Stage 5 PASS – Year 9**

**Formal Tasks for Evidence of Learning: Ongoing throughout each semester;**

**Stage 5 PASS – Year 10**

**Formal Tasks for Evidence of Learning: Ongoing throughout each semester;**

## Physical Activity and Sports Studies ~ Performance Descriptors

The Common Grade Scale is used to assign grades for students in Stage 5 courses. The Common Grade Scale describes performance at each of five grade levels.

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| **A** | The student has an extensive knowledge and understanding of the content and can readily apply this knowledge. In addition, the student has achieved a very high level of competence in the processes and skills and can apply these skills to new situations. |
| **B** | The student has a thorough knowledge and understanding of the content and a high level of competence in the processes and skills. In addition, the student is able to apply this knowledge and these skills to most situations. |
| **C** | The student has a sound knowledge and understanding of the main areas of content and has achieved an adequate level of competence in the processes and skills. |
| **D** | The student has a basic knowledge and understanding of the content and has achieved a limited level of competence in the processes and skills. |
| **E** | The student has an elementary knowledge and understanding in few areas of the content and has achieved very limited competence in some of the processes and skills. |