

Kurri Kurri High School

Year 9 PASS Assessment Schedule 2024

Course: PASS

Head Teacher: T. Gavenlock

	Task 1	Task 2	Task 3	Task 4
Due Date/ Date of Task	Term 2 Week 2	Term 2 Week 2	Term 3 Week 4	Term 4 Week 3
Topic	Body Systems and energy for physical activity / Promoting Active lifestyles	Body Systems and energy for physical activity (Practical)	Physical Fitness and Fundamentals of Movement Skill Development	Event Management
Name of Task	PASS Tank	Net Sports	Am I capable of becoming a Sports Conditioner?	Sports In Action
Brief Description	Students examine the role of cardiovascular, respiratory, muscular, skeletal and energy systems that contribute to movement then, create and 'pitch' a fitness/nutritional product.	Students will complete a series of practical performance tasks based on the skills utilised in Racquet Sports- (Skills assessment and Peer – Reflection (identifying muscles in movement)	Students will participate in a range of health and skill related fitness tests. Students will design a training program that aims to develop Health and Skill related components of fitness to a specific context. Eg upper body strength for wheelchair athletes.	Students take ownership of a sport competition by demonstrating self-management skills to effectively fulfil specific duties to develop an inclusive tournament. It will include teams and coaches and a presentation to celebrate the success of all the work applied by students during the Competition.
Components	Knowledge and understanding of Muscular, skeletal systems and energy, Marketing and products and organisations. Skills in Critical and creative thinking, ICT, Personal and social capabilities	Knowledge and understanding of muscles/skeleton required to attempt specific movement. Recognise the benefits of participating in a variety of net games. Positively influence others to be safe, inclusive and respectful. Engage and challenge oneself to improve on their own personal ability Demonstrates an understanding of rules and tactics of the chosen Net Sport	Knowledge and understanding of Health and Skill related fitness components. Demonstrate personal fitness levels related to the fitness components. Skills in Critical and Creative thinking, ICT. FoW – Information report, Summarising FoR – RAP, Monitoring Numeracy - Measurement and geometry, Operating with percentages, Comparing units, Additive strategies	Collaboration Communication Creativity Critical Thinking Physical Literacy Continuum Markers – Personal and Social Attributes, Tactical Movement, Motivation and Behaviour, Movement Competencies.
Syllabus Outcomes Assessed	PASS5-7 Works collaboratively with others to enhance participation, enjoyment and performance PASS5-8 Displays management and planning skills to achieve personal and group goals	PASS5-5 Demonstrates actions and strategies that contribute to active participation and skilful performance PASS5-7 Works collaboratively with others to enhance participation, enjoyment and performance	PASS5-1 Discusses factors that limit and enhance the capacity to move and perform PASS5-2 Analyses the benefits of participation and performance in physical activity and sport	PASS5-5 Demonstrates actions and strategies that contribute to active participation and skilful performance PASS5-7 Works collaboratively with others to enhance participation, enjoyment and performance.

	PASS5-10 Analyses and appraises information, opinions and observations to inform physical activity and sport decisions.	PASS5-1 Discusses factors that limit and enhance the capacity to move and perform	PASS5-10 Analyses and appraises information, opinions and observations to inform physical activity and sport decisions.	PASS5-8 Displays management and planning skills to achieve personal and group goals PASS5-10 Analyses and appraises information, opinions and observations to inform physical activity and sport decisions.
Weighting	25%	25%	20%	30%