

11SLR (CEC Course) - Scope and Sequence – 2022 Head Teacher T.Gavenlock

	1	2	3	4	5	6	7	8	9	10	11	
	Theory Title: Came		-	-								
	In these modules st	Theory Title: Games and sport applications 1 Module 8.7 In these modules students will develop knowledge, understanding and skills that promote confidence and success in a range of games and sports. Students will investigate elements of movement in selected activities and aspects										
	of team dynamics a	s they develop compet	ence and positive atti	tudes towards partici	pation. While it is e	xpected that students	will explore a rar	ge of performance	activities in examining n	nodule concepts, they y	vill need the	
	opportunity to speci	alise in order to develo	op high levels of con	petence. For students	s studying a 40 hour	module there may be	e scope to do a de	tailed investigation	of several selected activi	ities. As a result of stud	lying this module,	
	students will be able	e to skilfully and confi	dently participate in	a selected game or sp	ort. This may then l	ead to an increased p	rospect of longter		is form of physical activ			
		eas such as an indepen										
	In Games and Sport	s Applications II, the	emphasis is on activit	ies with the followin	g characteristics: • p	layers intercept the in	nplements of play	or the direction of	movement of players • p	players occupy space cr	itical to their	
	opponent • body co	ntact does not generall	y occur • players gen	erally cannot block a	player's passage of	movement • in some	activities, player	s are separated by a	net. Examples of games	and sports in this mod	ule are:	
_		ll, Beach Volleyball, E ments of Specific Gai			es and Sports Strat			f team play				
TERM 1		erformance characteris			es and sports strategies	legies and Skins		al vs team responsib	ilities			
		rticipant responsibiliti			ensive strategies				defensive in performant	ce environments		
F		average to participate	es in the chosen activ		nipulative skills		applicat	ion of offensive and	defensive in performant	ee environments		
		ays to participate		ma	iipulutive skills	Create Written report						
			Skills to comp	lete task Theme posi	tion, TEEEC paragr	aph writing, subject s	pecific terminolo	gy, summarising, ex	tended response			
						Outcomes: 1.3,2.1,3			*			
			SLR Skills Collect	ing, Analysing and C	rganising Informati	on, Communicating I	deas and Informa	tion, Planning and O	Organising Activities			
						agement, decision maki		ving				
	Practical Sports Foc	us: Modified Individu	al Games, student ch	once from list Creat	e practical participa	tion and modify indiv	ridual game					
			61			utcomes: 1.1,3.1,4.4, mation, Working Wi		anna Usina Tashn	alaar			
						on and relationship b						
	Movement · Fundam	ental movement tacti				on and relationship o	unung, readersin	p and advocacy, soc	lai awarchess.			
	Movement : Fundamental movement, tactical movement, health and fitness enhancing movement Assessment task Project: Theory Written report Extended response using TEEEC Practical: Create individual modified game Due Week 7 Term 1											
	/	Project: Ineory with	llen report Extended re	sponse using TEEEC	Practical: Create	individual modified	game Due Wee l	c 7 Term 1				
	/	Project: Theory With	llen report Extended re	sponse using TEEEC	Practical: Create	individual modified	game Due Wee	c 7 Term 1				
	1	2		sponse using TEEEC		individual modified	game Due Wee	c 7 Term 1 7	8	9	10	
	1		3	· · · · ·		`	-		8	9	10	
	1 Theory Title : Outdo In this module stude	2 or Recreation Module 8 ents will develop the sl	3 .11 kills and knowledge 1	4 necessary to participa	te safely in outdoor	5 recreation activities.	6 Students will inv	7 estigate reasons for	participation in outdoor	recreation, and develop	the skills associated	
	1 Theory Title : Outdo In this module stude with navigation, wi	2 or Recreation Module 8 ents will develop the sl Iderness first aid and c	3 .11 kills and knowledge 1 ampsite planning. Stu	4 necessary to participa idents should be prov	te safely in outdoor	5 recreation activities. ities to participate in	6 Students will invo	7 estigate reasons for recreation activities	participation in outdoor and simulations through	recreation, and develop	the skills associated	
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42	1 Theory Title : Outdo In this module stude with navigation, wi module students wi Discover Outdoor suitabilit e reasons	2 or Recreation Module 8 ents will develop the sl Iderness first aid and c Il learn to plan and imp r Recreation Opportun ty of Australian climat	3 .11 kills and knowledge 1 ampsite planning. Stu blement their own ou ities e and terrain	4 necessary to participa idents should be prov tdoor recreation expe Skills Involved in O • navigation • preservation and co • wilderness first aid	te safely in outdoor vided with opportuni ditions and will dev utdoor Recreation onservation	5 recreation activities. ities to participate in elop an appreciation	6 Students will inver- practical outdoor for the benefits of Planning in Out • equipment requ • safety required • campsite plan	7 estigate reasons for precreation activities fered by a variety o door Recreation uirements nents	participation in outdoor and simulations through	recreation, and develop	the skills associated	
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TERM 2	1 Theory Title : Outdo In this module study with navigation, wi module students wi Discover Outdoor • suitabiliti • reasons • outdoor • outdoor • Practical Sports Foc Movement : Fundam	2 or Recreation Module 8 ents will develop the sl lderness first aid and c II learn to plan and imp r Recreation Opportun ry of Australian climat for participation activities	3 .11 kills and knowledge 1 ampsite planning. Stu- blement their own ou ities e and terrain Skills to co SLR Skills Colle- nteering, student cho Interpers cal movement	4 heccessary to participa idents should be provided tdoor recreation exper- Skills Involved in O • navigation • preservation and cc • wilderness first aid • weather interpreta mplete task Theme pre- ecting, Analysing and ice from list Create SLR Skills : Communi- onal : communication	te safely in outdoor vided with opportuni ditions and will dev utdoor Recreation onservation tion ssition, TEEEC para the l Organising Inform Interpersonal Self m Practical participati Practical icating Ideas and In: n, collaboration inclu	5 recreation activities. ities to participate in j elop an appreciation Create Camp graph writing, subjec eory Outcomes: 2.3, ation, Communicatin anagement, decision m on and modify indivi Outcomes: 1.1,1.3,' formation, Working V usion and relationship	6 Students will inver- practical outdoor for the benefits of Planning in Out • equipment requ • safety requirer • campsite plan • Planning et specific termine 3.6,4.1 g Ideas and Inform aking and problem dual game that sti 1.4,4.2,4.4,5.1 With Others and in o building, leaders	7 estigate reasons for precreation activities fered by a variety o loor Recreation uirements nents ning and skills logy, summarising, nation, Planning an solving udents have created in Teams, Using Tec hip and advocacy, s	participation in outdoor and simulations through f popular activities. extended response d Organising Activities	recreation, and develop	the skills associated	

	1	2	3	4	5	6	7	8	9	10	
TERM 3	design resistance programs incorporating overload techn studying this module students will be able to plan person			expected that students training sessions using	will engage in significa g safe and effective met cific needs and by mon	o r o y e resistance training programs. Students will investigate the various forms and uses of muscle trainin ant practical application experiences as they study the theory and principles of strength training. As thods. Students may extend the study of this module by investigating the lifestyle and training regin itoring personal progress on a strength training program. Resistance Programming power goals exercise method split programs overload techniques monitoring progress safety Facts and Fallacies 					
	• protein and other nutritional supplements Create Program										
	Skills to complete task Theme position, TEEEC paragraph writing, subject specific terminology, summarising, extended response Theory Outcomes: 1.2 1.3,2.1,2.2,2.5,3.2 SLR Skills Collecting, Analysing and Organising Information, Communicating Ideas and Information, Planning and Organising Activities Interpersonal Self management, decision making and problem solving										
	Practical Sports Focus: Resistance Training Circuits Create Practical participation in resistance training circuits student training circuits student leasined Practical Outcomes: 2.3,3.3,4.4,5.5										
	SLR Skills : Communicating Ideas and Information, Working With Others and in Teams, Using Technology										
		/ 5 / 1	•	· · · · · · · · · · · · · · · · · · ·		lationship building, lead	dership and advocacy, s	social awareness.			
	Movement : Resistance/ fitness enhancing movement Progressive mobilisation Overload principles Assessment task project Theory Resistance Training Program 35% Due week 3 Term 3 Practical Resistance Training Circuits										