

	1	2	3	4	5	6	7	8	9	10
TERM 2	Theory Title : Outdoor Recreation Module 8.11 In this module students will develop the skills and knowledge necessary to participate safely in outdoor recreation activities. Students will investigate reasons for participation in outdoor recreation, and develop the skills associated with navigation, wilderness first aid and campsite planning. Students should be provided with opportunities to participate in practical outdoor recreation activities and simulations throughout this module. As a result of studying this module students will learn to plan and implement their own outdoor recreation expeditions and will develop an appreciation for the benefits offered by a variety of popular activities.									
	Discover Outdoor Recreation Opportunities		Skills Involved in Outdoor Recreation			Planning in Outdoor Recreation				
	<ul style="list-style-type: none">• suitability of Australian climate and terrain• reasons for participation• outdoor activities		<ul style="list-style-type: none">• navigation• preservation and conservation• wilderness first aid• weather interpretation			<ul style="list-style-type: none">• equipment requirements• safety requirements• campsite planning and skills				
	Create Camp Planning									
	Skills to complete task Theme position, TEEEC paragraph writing, subject specific terminology, summarising, extended response									
	Theory Outcomes: 2.3,3.6,4.1									
	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: Map reading, Orienteering, student choice from list Create Practical participation and modify individual game that students have created									
	Practical Outcomes: 1.1,1.3,1.4,4.2,4.4,5.1									
SLR Skills : Communicating Ideas and Information, Working With Others and in Teams, Using Technology										
Interpersonal : communication, collaboration inclusion and relationship building, leadership and advocacy, social awareness.										
Movement : Fundamental movement, tactical movement										
Assessment Task Project: Theory Outdoor Recreation Planning a Camp 30% Due Week 5 Term 2 Practical Map reading, Orienteering Geocaching?										

	1	2	3	4	5	6	7	8	9	10
TERM 3	Title : Resistance Training Module 8.12 In this module students will develop the knowledge and skills necessary to plan and implement safe and effective resistance training programs. Students will investigate the various forms and uses of muscle training and will design resistance programs incorporating overload techniques. It is expected that students will engage in significant practical application experiences as they study the theory and principles of strength training. As a result of studying this module students will be able to plan personal strength training sessions using safe and effective methods. Students may extend the study of this module by investigating the lifestyle and training regimes of body builders, by developing and analysing resistance programs for particular athletes with specific needs and by monitoring personal progress on a strength training program.									
	Discover:					Resistance Programming				
	Uses of Resistance Training			Muscles of the Body		• power				
	• major skeletal muscles			• exercises for major muscles		• goals				
	• strength			• muscle contraction		exercise				
	• muscular gain and body shaping			Training Methods		• method				
	• muscular endurance			• forms of training		• split programs				
	• competitive weightlifting and body building			• resistance activities		• overload techniques				
				• training terms		• 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 students have designed										
Practical Outcomes: 2.3,3.3,4.4,5.5										
SLR Skills : Communicating Ideas and Information, Working With Others and in Teams, Using Technology										
Interpersonal : communication, collaboration inclusion and relationship building, leadership and advocacy, 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										