



# BRACKEN RIDGE STATE HIGH SCHOOL

## Year 11 Sport and Recreation

Sport and Recreation is an Applied subject and can contribute towards an **ATAR** calculation (if this is the only applied subject studied). Sport and Recreation focuses on the role of sport and recreation in the lives of individuals and communities. This subject provides students with opportunities to learn in, through and about sport and active recreation activities.

Sport and Recreation provides a unique opportunity for students to experience the challenging nature and enjoyment of active participation in the Sport and Recreation Industry. A course of study in Sport and Recreation can establish a basis for further education and employment in the fields of fitness, outdoor recreation and education, sports administration, community health and recreation and sport performance.

### Semester One

MODULE	SUB TOPICS	ASSESSMENT
<b>Sports Nutrition</b>	<ul style="list-style-type: none"> <li>• Nutrients</li> <li>• Energy</li> <li>• Food groups</li> <li>• Nutritional requirement for adolescence</li> <li>• Daily energy requirements</li> <li>• Basal Metabolic Rate</li> <li>• Energy Expenditure</li> </ul>	Report: Investigate and justify the development of a nutritional plan for a three-day basketball or netball competition.
<b>Integrated with:</b> Basketball / Netball	Knowledge and understanding of basketball/netball rules, procedures and safety considerations in game play.  Fundamental technique: <ul style="list-style-type: none"> <li>• Court positioning</li> <li>• Passes</li> <li>• Pass variety</li> <li>• Shooting</li> <li>• Foot work</li> <li>• Blocking</li> <li>• Lead/create space</li> <li>• Initiate change</li> <li>• Game communication</li> <li>• Transitional play</li> <li>• Game tactics and strategies</li> <li>• Defence / offensive tactics</li> </ul>	
<b>Training for Fitness</b>	<ul style="list-style-type: none"> <li>• Fitness (physical performance, exercise, training)</li> <li>• Energy Systems</li> <li>• Fitness Components</li> <li>• Training Principles</li> <li>• Musculoskeletal System</li> <li>• Strength and conditioning</li> <li>• Resistance training</li> <li>• Personal training</li> </ul>	Performance / Multimodal <ul style="list-style-type: none"> <li>• Demonstrate application of knowledge and skills about strength and conditioning and resistance training in a range of fitness context and evaluate their personal performance.</li> </ul>



### Semester Two

MODULE	SUB TOPICS	ASSESSMENT
<b>Coaching your Team</b>	<ul style="list-style-type: none"> <li>• General coaching principles course</li> <li>• Coaching session               <ul style="list-style-type: none"> <li>○ Fundamentals</li> <li>○ Design</li> <li>○ Skill development / game play / fitness development</li> <li>○ Warm up</li> <li>○ Cool down</li> <li>○ Review / feedback</li> </ul> </li> </ul>	<b>Project Folio:</b> <ul style="list-style-type: none"> <li>• plan, implement and evaluate the effectiveness of a badminton, AFL or TRL coaching session for a groups of primary or Year 7 students</li> </ul>
<b>Integrated with:</b> AFL / Badminton/TRL	<p>Knowledge and understanding of AFL / Badminton/TRL rules, procedures and safety considerations in game play.</p> <p>Badminton fundamental technique:</p> <ul style="list-style-type: none"> <li>• Grip</li> <li>• Overhead clear/forehand clear/backhand clear</li> <li>• Smash shot /drive</li> <li>• Short serve/long serve</li> <li>• Court positioning</li> <li>• Defence/attack tactics</li> <li>• Lead/create space</li> <li>• Game communication</li> <li>• Game tactics and strategies</li> <li>• Analysing own and other performance</li> </ul> <p>AFL fundamental technique:</p> <ul style="list-style-type: none"> <li>• Field positioning</li> <li>• Hand pass</li> <li>• Kicking</li> <li>• Smother</li> <li>• Marking</li> <li>• Bounce</li> <li>• Bumping</li> <li>• Shepherding</li> <li>• Lead/create space</li> <li>• Defence/attack tactics</li> </ul> <p>TRL fundamental technique:</p> <ul style="list-style-type: none"> <li>• Field positioning</li> <li>• Passing</li> <li>• Catching</li> <li>• Kicking</li> <li>• Lead/create space</li> <li>• Defence/attack tactics</li> </ul>	
<b>Navigation</b> Integrated with bush walking / orienteering	<ul style="list-style-type: none"> <li>• Map reading</li> <li>• Navigational skills</li> <li>• Compass bearing</li> <li>• Adventure trekking</li> <li>• Safety considerations</li> <li>• Course planning</li> <li>• Sun safety equipment</li> </ul>	<b>Performance</b> <ul style="list-style-type: none"> <li>• Route plan an orienteering course</li> <li>• Complete an orienteering course</li> </ul>

