



# CAMPBELL HIGH SCHOOL COURSE OUTLINE Semester 1 2017

## FITNESS AND RECREATION

Teacher: Fisher, Castle

### Course Description

Students will have the opportunity to develop their skills and fitness through various types of games and activities. They will also develop skills and knowledge of specialised recreational activities. Focus will be on participation, understanding rules and objectives and promoting peer involvement.

### Learning Outcomes

#### PHYSICAL ACTIVITY AND SPORTS UNITS

Demonstration of skill development/improvement

Demonstration of knowledge and application of rules and concepts

Participation in various fitness and recreational activities

Understands and applies strategies that address hygiene, health and safety issues in physical education.

#### FITNESS

Demonstrate an improved level of fitness

Participates enthusiastically in fitness

### Work Practice Outcomes

Comes prepared for class

Displays acceptable behaviour

Works cooperatively

Displays a positive attitude

### Materials Required

Students are required to change into appropriate PE clothing for each PE lesson (light blue shirt, joggers and shorts/tracksuit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible.

### Typical Homework

Students are required to catch up on any missed work and devote some time to assignments.

### Assessment Items

Skill development/improvement

Knowledge of rules and concepts

Hygiene, health and safety compliance

Participation in recreational activities

Fitness development/improvement

Written Assessment

### Due Date

Ongoing

Ongoing

Ongoing

Ongoing

Ongoing

Term 3

Parent Signature \_\_\_\_\_

Student Signature \_\_\_\_\_

Date