SCOPE AND SEQUENCE –
Year 9 PASS

Term 1
Theory-Body Systems and energy for physical activity
- Structure and function of the skeletal system
- Structure and function of the muscular system
- Structure and function of the circulatory system
- Structure and function of the respiratory system
- Energy and physical activity
- Interrelationships between the body systems
- Hydration and physical activity
Practical - Foundations of physical activity. Volleyball & Cricket - Skill development

Term 2
Theory - Movement skill development and participation with safety
- The nature of movement skills
- The transfer of movement skills
- Practice
- Mastering fundamental movement skills
- Risk environments and behaviours
- Assessing and managing risk
- Injury management
Practical - fundamental movement skills. Student led Games.

Term 3
Theory - Physical activity, fitness and nutrition
- Models of physical activity and fitness Influences on physical activity choices Physical activity versus physical fitness Developing physical fitness
- Nutrition for health and physical activity
- Nutrition, physical activity and weight management
Practical - Fitness focus - Fitness testing and training

Term 4
- Theory - Lifestyle, leisure and recreation
- Perceptions of lifestyle, leisure and recreation
- Patterns and outcomes of participation
- Lifelong leisure and recreation - looking to the future
Practical - Lifestyle, leisure and recreation activities - Golf, tennis and aquatics