

Course Outline 2022

Subject: Sport Education

Level: Year 10

Course Code:	10SPORT	Course Length:	TWO TERMS
Brief Description:			
<p>This programme is designed to allow adolescent athletes to gain greater knowledge surrounding methods of training, functional anatomy, programme design and how to be an effective team member.</p> <p>Learners will experience different types of training with the aim of improving their personal fitness levels. Learners will then participate in a survivor team competition. Throughout this unit, tribes will compete in fun, competitive activities that will challenge their intellectual, cooperative, and athletic skills.</p> <p>The main themes/topics</p> <ul style="list-style-type: none">• Fitness Tests• Fitness - Methods of training• Goal Setting• Psychological skills that affect performance• Relating to others• Leadership and teamwork			
Pre-requisites/Co-requisites:			
To gain entry to this course learners must apply in writing. Application forms can be collected at the PE office and must be returned by the specified date.			
Cost/Equipment:			
\$10 + Whangaparaoa College PE uniform			
Teacher in Charge of this Course:		Sarah Hall	