

Curriculum Overview Templates– Holly Lodge Girls’ College

Year 10		
Component 2: Taking Part and Improving Other Participants Sporting Performance (September – December)		
Title	Curriculum content	Assessment
Understand how different components of fitness are used in different physical activities	<ul style="list-style-type: none"> • Components of physical Fitness • Components of skill-related fitness 	DIRT Person Set Assignments (PSA’s) Assessment windows September - December
Be able to participate in sport and understand the roles and responsibilities of officials	<ul style="list-style-type: none"> • Techniques, strategies and fitness required for different sports • Officials in sport • Rules and regulations in sport 	
Demonstrate ways to improve participants sporting techniques	<ul style="list-style-type: none"> • Planning drills and conditioned practices to develop participants’ sporting skills • Drills to improve sporting performance 	
Component 1 Preparing Participants to Take Part in Sport and Physical Activity (January - May)		
Title	Curriculum Content	Assessment
Explore types and provision of sport and physical activity for different types of participant	<ul style="list-style-type: none"> • Types and providers of sport and physical activities • Types and needs of sport and physical activity participants • Barriers to participation in sport and physical activity for different types of participant • Methods to address barriers to participation in sport and physical activity for different types of participant 	DIRT Person Set Assignments (PSA’s) Assessment window January - May

<p>Examine equipment and technology required for participants to use when taking part in sport and physical activity</p>	<ul style="list-style-type: none"> • Different types of sports clothing and equipment required for participation in sport and physical activity • Different types of technology and their benefits to improve sport and physical activity participation and performance • The limitations of using technology in sport and physical activity 	
<p>Be able to prepare participants to take part in physical activity</p>	<ul style="list-style-type: none"> • Planning a warm-up • Adapting a warm-up for different categories of participants and different types of physical activities • Delivering a warm-up to prepare participants for physical activity 	