

## TYPICAL PASS STUDENTS

Demonstrate an interest in how the body works

Are passionate about moving

Want to maximize their body's performance

Love the outdoors, it's landscape and country

Enjoy the pursuit of extra ordinary activities



The following teachers will be only too happy to assist you with further advice on the Sport, Lifestyle & Recreation courses available at Gorokan High School;

Mrs L Ricketts (HT PDHPE)

Mr B Glachan (Rel HT PDHPE)

Mr L Sharpe

Mr S Underwood

Mr T Buxton

Miss H Buchanan

Mr K Sweeney

Mr S Glachan

Miss J Turton

## Gorokan High School

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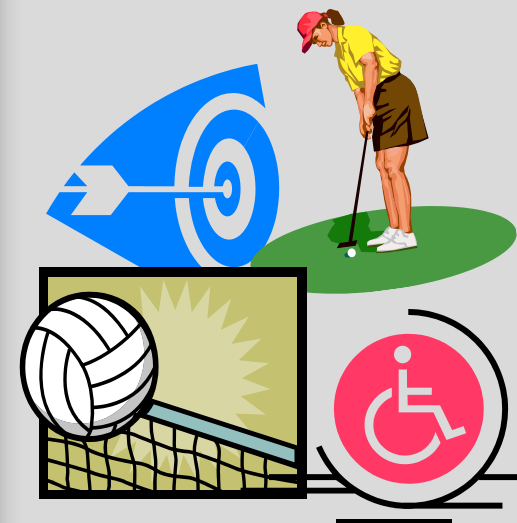


Gorokan High School

**Muru Bulbi**  
Pathways to Learning

**Respect, Personal Best, Cooperation & Empowerment**

## ► Stage 5 PHYSICAL ACTIVITY AND SPORTS STUDIES (P.A.S.S.)



Tel: (02)4393 7000



# PHYSICAL ACTIVITY & SPORT STUDIES



Physical Activity and Sports Studies represents a broad view of physical activity and the many possible contexts in which individuals can build activity into their life-style. Our course at Gorokan High School delivers a comprehensive program which

exposes students to a diverse range of lifelong physical activities, including recreational, leisure and adventure pursuits, competitive and non-competitive games, individual and group fitness activities, and the use of physical activity for therapy and remediation.

Physical activity and Sports studies also promotes learning about movement and provides students with opportunities to develop their movement skills, analyse movement performances and assist the performance of others. The acquisition and successful application of movement skills are closely related to enjoyment of physical activity and the likelihood of sustaining an active lifestyle.

## THREE AREAS OF STUDY

1. Foundations of Physical Activity
2. Physical Activity and Sport in Society
3. Enhancing Participation and

## COURSE STRUCTURE

PHYSICAL ACTIVITY & SPORTS STUDIES	
YEAR 9	YEAR 10
Fundamentals of Movement	Nutrition
Event Management	Coaching
Body Systems	Issues in Sport
Physical Fitness, Enhancing	Racquet Sports

## ENRICHMENT ACTIVITIES

Indoor Rock Climbing, Day Bushwalking, Ropes Courses, Mountain Biking, Participation in Golf and course design, Local Tennis/Squash Courts, Overnight Trek Grose Valley, Snow Excursion (Smiggins Holes).

As well as the enrichment activities designed above, the PASS course exposes students to a wide range of activities not experienced in PDHPE lessons. These include but are not limited to Archery, Sled Hockey. Leisure activities such as Bocce/Lawn Bowls, Table Tennis etc

## COURSE FEES

Subject contributions remain at \$10/year. Specific enrichment activities have a cost associated with them determined at the time (Indoor Rock Climbing, Tennis/Squash, Bushwalking etc).

### Activities with scheduled fees are as follows;

Overnight Trek Grose Valley	\$30
Ropes Course	\$ 25
Snow Excursion (if required)	\$640 (2017)

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