<table>
<thead>
<tr>
<th>UNIT</th>
<th>TERM 3 TOPICS</th>
<th>ASSESSMENT</th>
<th>DUE DATE</th>
</tr>
</thead>
</table>
| 3b   | Practical LIFESAVING – POOL  
Follow RLSS Bronze Medallion course.  
Lifesaving strokes and rescue techniques,  
Patient assessment and application of first aid  
Fitness assessment in the pool and improving swim technique and fitness – use of fitness tests to assess different areas of fitness – speed, phosphate recovery, aerobic | Lifesaving – continuous in class assessment  
FORMATIVE | |
| 3a   | Theory  
Energy Systems and principles of training  
Ref Text Chapters 11, 12, 14, 15  
- The energy systems, components of fitness, fitness testing  
- Oxygen consumption and delivery  
- Principles of training  
- Training methods  
Developing a swim training session suitable to improve ability in the swim component of lifesaving | Research Report  800-1000 words  
Design a personalised pool based training session to improve swim component of surf lifesaving.  
Justify its relevance with reference to training methods chosen and principles of training.  
FORMATIVE | |
| 4.b  | Practical Volleyball  
Introduction to basic shots and development of basic skills  
Set, dig, spike, serve  
Court positioning and rotation – use of specialised setter in rotation  
Defensive patterns and blocking  
Transition play from defence to attack | Volleyball – continuous in class assessment  
FORMATIVE | |
| 4.a  | Theory  
Learning Physical Skills – Biomechanical understanding and its influence on learning and performing a physical activity.  
Force text ref chap 7  
Momentum text ref chap 8  
Air and water forces – text ref chap 9  
Application of Biomechanical Knowledge – text chap 10 | Research Assignment  
Analytical Exposition  
– multi-modal presentation  
3 – 5 mins with a combination of at least 2 modes of presentation (eg. Commentary, video, power Point)  
Justify how an understanding of Biomechanics helped achieve performance goals in volleyball.  
FORMATIVE | |

This work plan was last updated on Wednesday, 26 July 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.