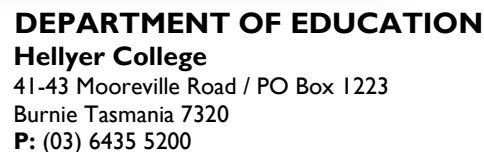


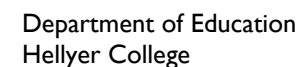
ACTIVITIES MAY  
INCLUDE:

- Ten Pin Bowling
- Laser Tag
- Lawn Bowls
- Bushwalks; Anniversary Bay, Montezuma Falls, Dial Range
- Team Sports: Basketball, soccer, netball, hockey etc.

- Recreation Concepts (theory based)
- Individual Games & Sports
- Team Games & Sports
- Challenge and Adventure Activities
- Personal Development (theory based)



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## RATIONALE

Physical Recreation activities can involve varying degrees of exercise intensity and may include minor games, challenge and adventure activities, games and sports and health related physical activities. Students studying this course will develop physical sport and recreation skills, knowledge and understanding of health and fitness concepts and the capacity to work constructively with others.

The practical component of Physical Recreation will comprise approximately two-thirds of the course.



## PATHWAYS

This course can be a preparatory course for students intending to study other courses in the Health and Wellbeing learning area, for example Sports Science – Foundation.

The course also provides relevant background and experience for students who plan to enrol in VET courses such as;

- Certificate I and II in Sport and Recreation;
- Certificate II in Community Recreation.
- Certificate III in Fitness
- Certificate III in Outdoor Recreation
- Certificate III in Aquatics and Community Recreation
- Personal Health & Wellbeing 2
- Outdoor Recreation



## ASSESSMENT

You will be assessed on your ability to:

- Demonstrate basic physical skills appropriate to a variety of sport and recreational activities
- Personal organisational skills
- Understanding and applying safety processes and procedures
- Demonstrating an understanding of how fitness levels are measured and improved.
- Individual and small group digital presentations
- Short Reports
- Activity Research
- Journals

