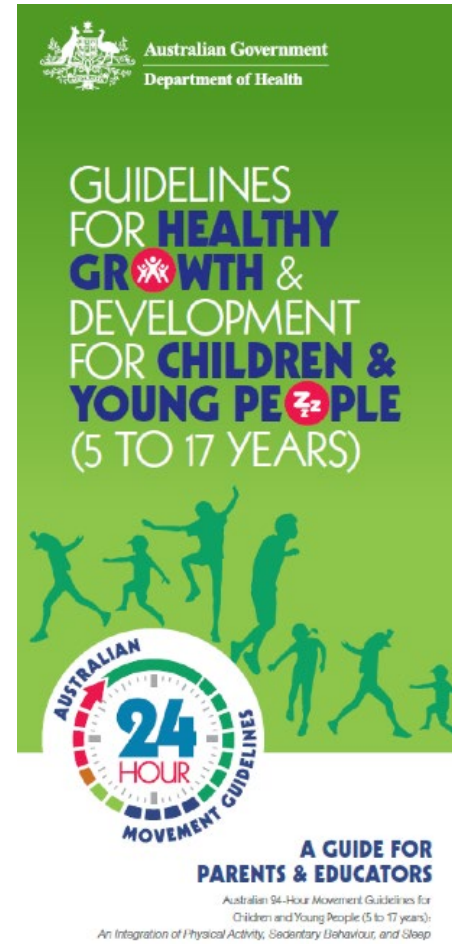


**Stage 5 PASS
Physical
Activity and
Sports Studies**

Chatswood High School

Physical Activity Guidelines

“Children and young people should aim for at least 60 minutes of moderate to vigorous physical activity per day involving mainly aerobic activities that makes their heart beat faster—more is better. The 60 minutes can be made up of shorter bursts of activity throughout the day that add up to 60 minutes or longer”



Australia's Physical Activity Report Card



A	81 to 100% meeting PA guidelines	Hands on Head
B	61 to 80% meeting PA guidelines	Hands on Shoulders
C	41 to 60% meeting PA guidelines	Hands on Hips
D	21 to 40% meeting PA guidelines	Hands on Knees
F	0 to 20% meeting guidelines	Hands on Toes



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What is a PASS (Physical Activity and Sports Studies)



- A course developed at aiming to enhance students capacity to effectively participate in physical activity and sport, ultimately improving their quality of life
- Students engage in a wide range of physical activities and opportunities related to sport
- Students develop their understanding of nutrition, technology in sport and other elements of physical activity.



What content is covered in PASS?



Theory Content Examples

- Body Systems** - Students investigate how the major body systems contribute to performing fundamental movement skills
- Technology, Participation and Recreation**- Students look at how technology has contributed to improving athletes performance
- Nutrition** – Students analyse athletes diets and create nutrition plans for a sport of their choice
- Australian Sporting Identity** – Students research the history of Australian sporting event and it's athletes.

Practical Content

- Court Games**
- Racquet Games**
- Fitness Testing**
- Field Games**
- Mini Olympics**

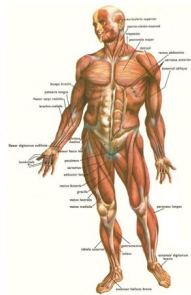
What other experiences does PASS offer?

- Experience running primary school athletics carnivals
- Coaching experience at Year 7 Gala Days and other sporting events
- The schools heart rate monitors and online performance applications
- Increased use of our state of the art synthetic sporting field



Three Reasons to Choose PASS?

- You enjoy playing participating in sport and physical activity
- You have an interest in the athlete performance and want to investigate what contributes to improving performance in sport
- You have an interest in nutrition and human physiology
 - how the body works



Further Questions

- Speak to a PDHPE teacher
- Speak to a year 9 or 10 student who is currently studying the subject
- Visit the board of studies website

