

Why study SLR?

You will develop a deeper knowledge and understanding of the value of activity, increase levels of movement skill, competence in a wide variety of sport and recreation contexts and skills in planning to be active. It is a fun, hands-on and



practical subject!

PRE-REQUISITES

A willingness to be active and participate fully in both practical and theory components of the course.

A willingness to be involved in a wide range of

Experiences with SLR



www.melville-h.schools.nsw.edu.au

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MELVILLE HIGH SCHOOL
PDHPE FACULTY

SPORT, LIFESTYLE & RECREATION



SLR

WHAT YOU WILL STUDY

The Sport, Lifestyle and Recreation (SLR) course

aims to develop an understanding of the importance of physical activity, sport, recreation and fitness in life as well as an understanding of how the body functions and the factors that influence sporting performance.

The course content is divided into five to six units of study in Yr 11 & in Yr 12 and is approximately 50% theory and 50% practical.

TOPICS COVERED IN STAGE 6 SLR

Outdoor Recreation

You will develop the skills & knowledge necessary to participate safely in outdoor recreation activities. Students will investigate reasons for participation in outdoor recreation, and develop the skills associated with navigation and orienteering,

Fitness.

In this unit you will develop a repertoire of fitness activities in order to design, implement and evaluate their own individual fitness program. In the process they will gain benefits in their short-term and long-term health, fitness and performance.

Aquatics

As a result of studying this module, students will improve fitness levels, develop swimming and lifesaving skills and appreciate the range of activities offered by aquatic environments. You will have the opportunity to complete a Pool Bronze Medallion award.

First Aid and Sports Injuries

In this unit you will explore resuscitation procedures, preventive strategies, assessment and management of first aid and of sports injuries, enhanced through the completion of a first aid qualification.

Athletics

This unit investigates types of athletic events, ways to improve performance in athletics, the organisational responsibilities of participants and current approaches to specific events.

Resistance Training

This unit covers topics related to water fitness, skills and safety as well as an understanding of aquatic environments.

Games and Sports Applications I & Games and Sports Applications II

Examples of games and sports in this module 1 are: Australian Rules Football, Basketball, Hockey, Futsal, Korfball, Lacrosse, Netball, Rugby, Soccer, Team (European) Handball, Touch, Water Polo
Examples of games and sports in this module 11 are: Archery, Badminton, Baseball, Bocce, Cricket, Croquet, Lawn Bowls, Racquetball, Softball, Squash, Table Tennis, Tennis, Volleyball.



Course Specific details

To support learning in SLR, some experiences which may be offered in the study of this course include: -

- Class assignments, tests and an individual research project
- Participating in a variety of sports and recreational activities
- Planning and taking small



Further information about the course content and outcomes can be obtained from the website below.
<http://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/stage-6-learning-areas/pdhpe/sport-lifestyle-recreation-studies>