



You will work through the following units as part of Sport and Recreation and Fitness

- Unit 1: Modified Games
- Unit 2: Net & Wall Games
- Unit 3: Football Variations
- Unit 4: Games & Sports from around the world
- Unit 5: Design a Game
- Unit 6: Target Games
- Unit 7: Striking & Fielding Games
- Unit 8: Games for Understanding Disabilities
- Unit 9: Sport, Rec & Fitness Tournament
- Unit 10: Fitness

How you'll be assessed:

Common types of internal assessments are:

- Students will be expected to write short reflections at end of each units, via Seesaw or Hard copies.

Students will be successful in this subject by

- Participating in a diverse range of selected recreation and fitness activities
- Building positive attitudes and sporting sports culture within classes
- Identifying personal goals and targeting relevant fitness goals
- Reflecting and recording Sport and Recreation experiences in a journal

COMPLETION OF WORK

Assessment due dates are provided in the Program of Learning and on Canvas. Work must be submitted by the due date unless an approved extension has been granted. Unapproved late submissions will incur penalties as outlined in the *Completion of Work Policy*. Students needing extensions should contact their subject teacher before the due date with valid reasons, such as illness or unforeseen circumstances.

For more details refer to the Launceston College: [Completion of Work Policy](#).

ACADEMIC INTEGRITY

All senior secondary students in Tasmania are expected to uphold academic integrity, meaning they complete their work honestly and fairly. This includes properly referencing any ideas, images, or information borrowed from others, allowing teachers to distinguish between original and sourced content.

Assignments will be submitted through Canvas, email, hard copy as directed in the task sheet.

For more details, refer to the Launceston College: [Academic Integrity Policy](#).

COURSE DOCUMENT

There are two TASC courses that make up this subject, ensuring students gain 15 TCE points. The TASC website provides detailed information about the courses:

Sport and Recreation: [Sport and Recreation Experiences - TASC](#)

Fitness Experiences: [Fitness Experiences - TASC](#)

OTHER COURSE REQUIREMENTS

A change of clothing and appropriate footwear is encouraged

Week	Date	Program of Learning 2025	Notes / Assessments
1	6 Feb	Introduction / Unit 1: Modified Games	<i>Yr 11s and 12's return February 8 (Thursday)</i>
2	10 Feb	Unit 10: Fitness – Gorge walk / Unit 1: Modified Games	
3	17 Feb	Unit 1: Modified Games	
4	24 Feb	Unit 10: Fitness - Fitness Testing & Goal Setting / Unit 1: Modified Games	<i>Wed 26 Feb – Launceston Cup Student Assessment Journal – Fitness Testing</i>
5	3 Mar	Unit 2: Net & Wall Games	
6	10 Mar	Unit 10: Fitness – Tabata workout / Unit 2: Net & Wall Games	<i>Mon 10 Mar – Public Holiday</i>
7	17 Mar	Unit 10: Fitness - Circuit / Unit 3: Football Variations	
8	24 Mar	Unit 3: Football Variations	
9	31 Mar	Unit 10: Fitness – Tabata workout / Unit 1: Modified Games – pool games / Recreation activity - Lawn Bowls	
10	7 Apr	Unit 3: Football Variations Unit 10: Fitness – Walk	
Term 1 break – Saturday 12 April – Sunday 27 April			
1	28 Apr	Unit 10: Fitness – Riverbend walk / Unit 4: Games & Sports from around the world	
2	5 May	Unit 4: Games & Sports from around the world	
3	12 May	Unit 10: Fitness – Resistance training / Unit 4: Games & Sports from around the world	
4	19 May	Unit 5: Design a game	
5	26 May	Unit 10: Fitness – Gorge walk/run partner challenge / Unit 5: Design a game	
6	2 June	Unit 6: Target Games	
7	9 June	Unit 10: Fitness – F45 / Unit 6: Striking & Fielding Games	<i>Mon 9 June – Public Holiday</i>
8	16 June	Unit 6: Striking & Fielding Games	
9	23 June	Unit 10: Fitness – Pilates / Unit 1: Modified Games	
10	30 June	Unit 1: Modified Games	
Term 2 break – Saturday 5 July – Sunday 20 July			
1	21 July	Unit 8: Games for Understanding Disabilities	
2	28 July	Unit 10: Fitness – Team wheelchair Beep Test / Unit 8: Games for Understanding Disabilities	
3	4 Aug	Unit 9: Sport, Rec & Fitness Tournament	
4	11 Aug	Unit 9: Sport, Rec & Fitness Tournament	
5	18 Aug	Unit 9: Sport, Rec & Fitness Tournament	
6	25 Aug	Unit 9: Sport, Rec & Fitness Tournament	
7	1 Sep	Unit 9: Sport, Rec & Fitness Tournament	
8	8 Sep	Unit 9: Sport, Rec & Fitness Tournament	
9	15 Sep	Unit 9: Sport, Rec & Fitness Tournament	
10	22 Sep	Unit 10: Fitness – Fitness Testing / Recreation activity – Riverbend Park	
Term 3 break – Saturday 27 September – Sunday 12 October			
1	13 Oct	Unit 10: Fitness – Healthy Active Lifestyle Booklet / Unit 1 Modified Games	
2	20 Oct	Modified Games – Best of the best / Journal Review	
3	27 Oct	Traditional Sports – Best of the best / Journal Review	<i>Fri 31 Oct - Moderation Day (LC students work from home)</i>
4	3 Nov	Unit 10: Fitness – Gorge walk/run partner challenges	<i>Mon 3 Nov – Public Holiday</i>
Exams begin (Monday 10th November) - Exams end (Thursday 20th November)			

ASSESSMENT

Criterion-based assessment helps students see how well they're meeting course outcomes at the end of their study. While there is continuous feedback to guide learning, final assessments focus on showing what students have achieved by the end. Ratings are given as 'A', 'B', or 'C', based on course standards. A 't' indicates partial achievement below a 'C', and a 'z' means no evidence provided.

Schools follow TASC's quality assurance to keep standards consistent. More details are on the [TASC website](#). Final awards are based on both internal and TASC-supervised external assessments.

Criteria

The assessment for *Sport and Recreation Experiences* Level 1 will be based on whether the learner can:

1. apply basic skills, techniques and safety practices appropriate to selected sport and recreation activities
2. describe and use basic personal organisational skills
3. communicate basic information and ideas about sport and recreation experiences
4. recognise and contribute to building a sporting culture and environment that is positive, inclusive and supportive
5. identify a range of motivating factors and actions that build and support lifelong involvement recreation activities
6. identify and access a range of sport and recreation options for maintaining a healthy, active lifestyle
7. identify and reflect on personal goals related to selected sport and recreation activities.

The assessment for *Fitness Experiences* Level 1 will be based on whether the learner can:

1. apply basic skills and techniques appropriate to fitness activities
2. employ basic personal organisational skills
3. communicate basic information and ideas about fitness experiences
4. adhere to a structured fitness program and make appropriate adjustments to meet personal fitness goals
5. outline strategies and opportunities to build and maintain lifelong fitness
6. identify and reflect on personal fitness goals.

Award Requirements

The minimum requirements for an award in *Sport and Recreation Experiences* Level 1, are as follows:

SATISFACTORY ACHIEVEMENT: C rating (satisfactory standard) in six (6) Criteria

PRELIMINARY ACHIEVEMENT: C rating (satisfactory standard) in four (4) Criteria

The minimum requirements for an award in *Fitness Experiences* Level 1, are as follows:

SATISFACTORY ACHIEVEMENT: C rating (satisfactory standard) in five (5) Criteria

PRELIMINARY ACHIEVEMENT: C rating (satisfactory standard) in three (3) Criteria

A student who otherwise achieves the ratings for an SA (Satisfactory Achievement) award but who fails to show any evidence of achievement in one or more criteria ('z' notation) will be issued with a PA (Preliminary Achievement) award.