## UNIT 3 TOPICS

<table>
<thead>
<tr>
<th>Practical Volleyball</th>
<th>Psychology of sport – factors effecting performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Revision of basic shots and development of skills</td>
<td>Performance enhancing skills – text ref chap 4</td>
</tr>
<tr>
<td>Set, dig, spike, serve</td>
<td>Motivation, arousal and anxiety – text ref chap 5</td>
</tr>
<tr>
<td>Court positioning and rotation – use of back court setter and libero</td>
<td>Goal setting – text ref chap 6</td>
</tr>
<tr>
<td>Defensive patterns and blocking</td>
<td>Psychological techniques to improve performance – handouts, DVD’s</td>
</tr>
<tr>
<td>Development of transition play, Game play – player rotation to positions.</td>
<td>Students need to apply theories to personal performance in their own sport and understand their application to volleyball</td>
</tr>
</tbody>
</table>

### ASSESSMENT

- **Volleyball** – continuous in class assessment
- **Supervised written**
  - Extended written response
  - 600–800 words, unseen question, 90 minutes.

### DUE DATE

- **Week 7**
  - Prac session 28/8/18
- **Week 8**
  - Tuesday 6/9/18
  - Single + PC

### UNIT 4 TOPICS

- **8.1** Lifesaving – surf
  - Understanding beach conditions including tides and rips
  - Surf swimming techniques – developing fitness for surf swimmers
  - Use of rescue equipment – tube, board.
  - Rescue procedure and technique
  - Patient assessment and basic first aid

- **8.2** Theory – Biomechanical Analysis of technique
  - Revision of principles - application of Newtons 3 Laws – chap 7
  - Action and Reaction – chap 7
  - Movement in water – chap 9

### ASSESSMENT

- **Surf lifesaving** – continuous in class assessment
- **Research report (1000-1500 words)**
  - or 5-8 mins Multi modal presentation
  - Justify how understanding the biomechanics of fluid mechanics and propulsion helped you to analyse and adjust your freestyle technique. Use data collected from practical sessions.

### DUE DATE

- **Week 5**
  - Tues 6th Nov
  - Lesson 3 & 4