



**B S S S**  
AUSTRALIAN CAPITAL TERRITORY

ACT Board of Senior Secondary Studies

**Registered (R) Units**

Sport and Recreation

Front Cover Art provided by Canberra College student Aidan Giddings



# Course: Sport and Recreation

## R Unit – Sport

An R unit is a learning experience. The purpose of an R unit is to recognise the time a student engages in a learning experience.

Colleges develop a program of learning based on the R unit. R units are delivered by the home college or conducted in partnership with external organisations. A partnership is a formal arrangement between the college and organisation. A partnership is recognised by a written agreement outlining the activity and signed by the principal.

<b>Title: Sport</b>	
<b>Student group</b>	Open
<b>Goals</b>	<p>By the end of this unit, students:</p> <ul style="list-style-type: none"> <li>• improve physical health, fitness, and self confidence</li> <li>• develop social, organisational and leadership skills</li> <li>• develop a range of sporting skills.</li> </ul>
<b>Content Descriptions</b>	<ul style="list-style-type: none"> <li>• demonstrate essential knowledge, understandings and skills related to the selected sport</li> <li>• evaluate and synthesise information</li> <li>• use personal skills and strategies</li> <li>• build and maintain positive relationships</li> <li>• apply concepts such as equity, fair play, respect, valuing of diversity and difference and social justice</li> <li>• demonstrate understanding and skills to respond appropriately to range of situations where their own or others’ wellbeing and safety may be at risk</li> <li>• develop knowledge, understanding and skills to devise, apply and appraise a range of strategies to improve their own movement performances and those of others</li> <li>• plan and participate in a range of outdoor recreational activities in their local community that create community connection and contribute to individual and community health and wellbeing.</li> </ul>
<b>Assessment criteria</b>	
<b>1.</b>	Required hours of attendance met
<b>2.</b>	Contributions in discussions and positive appraisal concerning own performance and that of others

<b>Adoption form for R Unit - Sport</b>				
<b>Registration period: 2023 - 2028</b>				
<b>Elective title</b>	<b>Tick the desired options based on minimum number of hours</b>			
Active Club	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Aerobics	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
AFL	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Athletics	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Austswim	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Badminton	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Baseball	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Basketball	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Board Games Club	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Bushwalking	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Callisthenics	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Canoeing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Canyoning	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Capture the Flag	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Caving	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Chess	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Cricket	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Cross Country	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Cycling	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Diving	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Dragon Boating	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Equestrian	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Fishing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Fitness Club	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Folk Dancing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Gymnastics	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Hockey	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Horse Riding	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Ice Skating	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Inter College Sport	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Jujutsu	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Karate	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options

Kayaking	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Lawn Bowls	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Lifesaving and Aquatics	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Martial Arts	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Mediation	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Motocross	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Mountain Bike Riding	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Netball	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Orienteering	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Outdoor Education	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Oztag	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Physical Activities	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Physical Education	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Pitch and Putt	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Recreational Sport	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Rock Climbing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Rowing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Rugby League	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Rugby Union	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Sailing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Scuba Diving	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Self Defence	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Skiing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Snorkelling	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Soccer	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Softball	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Sport for Fun and Fitness	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Sports Administration	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Sports Coaching	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Sports Officiating	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Sports Participation	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Sports Referee	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options

Sports Representation	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Squash	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Surfing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Swimming	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Table Tennis	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Tai Chi	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Talented Sports	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Ten pin Bowling	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Tennis	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Touch Football	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Track and Field	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Trekking	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Triathlon	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Volleyball	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Water Polo	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Water Skiing	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Weightlifting	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
White Water Rafting	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Other Team Sport	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
Other Individual Sport	<input type="checkbox"/> 0.2 (11 hours)	<input type="checkbox"/> 0.5 (27.5 hours)	<input type="checkbox"/> 1.0 (55 hours)	<input type="checkbox"/> all three options
<b>Adoption form for R Unit - Sport</b>				
<b>College:</b>				
<b>Principal Approval:</b>				
<b>Principal:</b>		<b>Date:</b> /        /		
<b>Office use:</b>				
<b>Entered:</b>				
<b>Date:</b> /        /				