



B S S S
AUSTRALIAN CAPITAL TERRITORY

ACT Board of Senior Secondary Studies

Registered (R) Units

Sport and Recreation

Registration period 2017 to 2023

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.

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

Adoption form for R Unit - Sport				
Registration period: 2017 – 2023				
Elective title	Tick the desired options based on minimum number of hours			
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
Adoption form for R Unit - Sport				
College:				
Principal Approval:				
Principal:		Date: / /		
Office use:				
Entered:				
Date: / /				