

Name: _____

STAGE 5 PASS

Learning from Home Booklet

Term 3 - Weeks 2 & 3

This booklet has been broken up into Theory and Practical lessons for PASS.

Follow your normal timetable and complete each lesson when you would normally have PASS.

If you can, join the assigned Google Classroom (if you haven't already)

Mr Palmer Classroom Code: k352rsp

Ms O'Reilly Classroom Code: qm33iuf

Your PASS teacher will also post the work on the Google Classroom at 8am on the day of your class. **You can choose to complete the work online or in this booklet. If you are choosing to use the booklet, try to upload a photo of your completed work and submit it to the classroom.**

If you can – join your class for a zoom lesson, as scheduled on the Google Classroom so you can see your classroom teacher and peers and connect with them.

THEORY LESSON #1 – Page 1 & 2

ONLY COMPLETE IF YOU ARE IN MS O'REILLY'S CLASS

For the first page, you will be continuing work on robin robins and on the second page you will be learning how to fill in a score sheet. Your teacher will organise a zoom meeting during your period. Link can be found on your google classroom – please join if you can.

THEORY LESSON #2 – Page 3 & 4

In this worksheet you will be learning about pool competitions, handicapping and seeding. Your teacher will organise a zoom meeting during your period. Link can be found on your google classroom – please join if you can.

THEORY LESSON #3 – Page 5 & 6

In this worksheet you will be learning about expeditions. Your teacher will organise a zoom meeting during your period. Link can be found on your google classroom – please join if you can.

Theory LESSON #4 – Page 7 & 8

ONLY COMPLETE IF YOU ARE IN MR PALMER'S CLASS

In this worksheet you will be learning about Tabloid Sports. Read the information before making your own fitness tablet event.

PRACTICAL LESSON #1, #2 & #3 – Page 9

Please see the 'Olympics at home' worksheet below. Participate in the activities outlined for each practical lesson (Do not work ahead. Only do the 2 activities each lesson). Track your results over the 3 lessons and submit on classroom when fully completed.

Competition Formats

ROUND ROBIN

Read the following information and use it to fill in the table below.

You are in charge of organising a touch football round robin tournament at Lurnea High School for Year 7-10. Each year group is limited to two teams. The competition will commence in Term 3 which consists of 10 weeks. Games will be played at recess and lunch every Tuesday. The games will be 15 minutes in duration with a touch down turn around rule in place. Teams will consist of 7 players per side and compete on one half of the oval per game. Cost will be \$1 per player, with the grand final winning team receiving canteen vouchers as prizes.

What do I know already?

<i>Sport</i>	
<i>Competition Format</i>	
<i>Competitive or non-competitive</i>	
<i>Day</i>	
<i>Term</i>	
<i>Time</i>	
<i>Where</i>	
<i>Cost</i>	
<i>Prize</i>	
<i>Duration of games</i>	
<i>Number of fields</i>	
<i>Maximum number of teams</i>	
<i>Weeks available</i>	
<i>Weeks to complete round robin</i>	
<i>Weeks to complete finals</i>	
<i>Week/s to complete grand final</i>	

Below is the draw for the above round robin competition.

Draw:

Time	Field	Round 1	Round 2	Round 3	Round 4	Round 5	Round 6	Round 7
<i>Recess</i>	<i>F1</i>	1 v 8	1 v 7	1 v 6	1 v 5	1 v 4	1 v 3	1 v 2
<i>Recess</i>	<i>F2</i>	2 v 7	8 v 6	7 v 5	6 v 4	5 v 3	4 v 2	3 v 8
<i>Lunch</i>	<i>F1</i>	3 v 6	2 v 5	8 v 4	7 v 3	6 v 2	5 v 8	4 v 7
<i>Lunch</i>	<i>F2</i>	4 v 5	3 v 4	2 v 3	8 v 2	7 v 8	6 v 7	5 v 6

Competition Formats



The first 7 rounds of competition have been played. Add the following information to the points score chart below:

- “X” to symbolise games that can’t take place e.g. 1 v 1 , 2 v 2 (see example below)
- The “Total” Heading
- The “Placing” Heading
- Under the placing heading put teams in order according to their points e.g. 1st , 2nd etc
- **Scores:** to add the scores, start by finding the winning team in the down column - then move across the row until you find the team they beat, place a 3 in the box (see example below - team 1 beat team 8). To place the losing score, you need to do the same thing. Find the losing team in the down column, move across the row until you find who beat them, place a 0 in this box (see example below - team 8 lost to team 1).

Scores:		Key:
- 1 defeated 8	- 3 lost to 1	Win = 3 points
- 4 drew with 5	- 7 defeated 5	Loss = 0 points
- 4 defeated 2	- 7 lost to 3	Draw = 1 point
- 6 defeated 2	- 8 drew with 2	
	- 8 drew with 3	

NOTE: Not all boxes will be filled, only fill in the information you have.

SCORE CHART

Team Name	1	2	3	4	5	6	7	8		
1. Yr 7 (A)	X							3	23	1st
2. Yr 7 (B)		X							4	
3. Yr 8 (A)									10	
4. Yr 8 (B)									12	
5. Yr 9 (A)									8	
6. Yr 9 (B)									15	
7. Yr10 (A)									17	2nd
8. Yr10 (B)	0								9	

Semi Finalist:

What 4 teams will be in the semis and how should you pair them up?

Semi 1		Semi 2	

Competition Formats

COMBINATION OR POOL

Pool competitions are used when a tournament has a time constraint. Teams are generally seeded and placed in a pool of equal teams. Each team will play every team in their pool. At the end of the pool round the top two teams go through to the knockout stage of the tournament. Below is an example of the structure for a pool tournament.

Pool A	Pool B	Pool C	Pool D
A1	B5	C9	D13
A2	B6	C10	D14
A3	B7	C11	D15
A4	B8	C12	D16



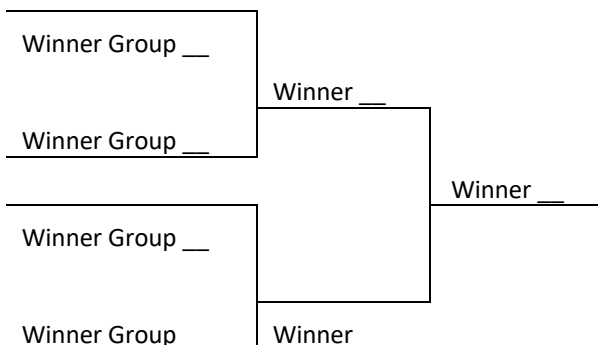
Complete the table below for 16 teams. Remember there are only 4 teams in each pool:

Part A

	Round 1	Round 2	Round 3
Group A	1 v 4 2 v 3		
Group B	5 v 8 6 v 7		
Group C	9 v 12 10 v 11		
Group D	13 v 16 14 v 15		

Part B

Pick a team to win from each pool and finish the knockout draw below.



Competition Formats

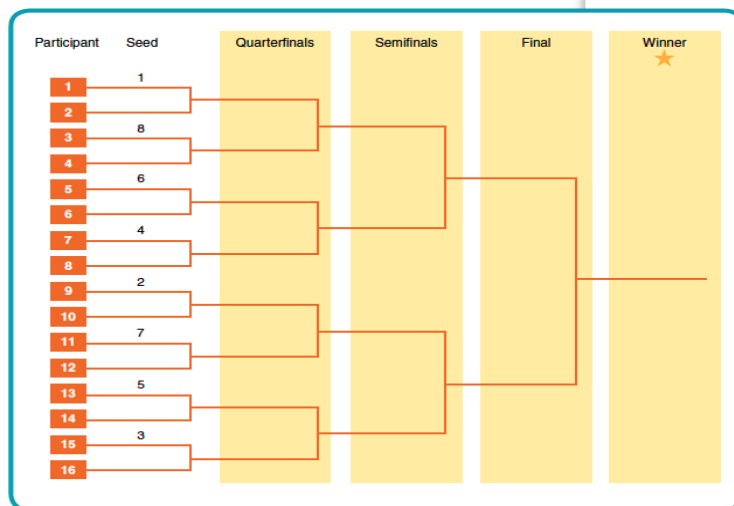
HANDICAPPING AND SEEDING

A rare but effective way to run a race and have a _____ finish is to seed, or rank, the competitors according to previous _____ and to then set a 'handicap' in distance or time. This can help create an exciting or challenging race. _____ is a well-known sport that uses handicapping. Golf clubs oversee and administer a handicap to their players, and a set _____ is used to determine a player's handicap. The handicap is used to calculate a score. An overall score is determined from the number of _____ taken, _____ the player's handicap. The player with the lowest overall score is the winner.

A seeded knockout competition is used often for a tennis tournament. This is where the highest _____ players entered in a competition are seeded (placed in order of best to worst) so that they do not _____ each other before the _____ rounds of the competition.

strokes	close	lay
final	ranked	formula
Golf	minus	performances

Example of seeded
Draw >



SEEDING

The following athletes have entered a new tennis tournament. They need to be seeded based on the results from their last 8 games. Use the following information to seed these athletes. Seed 1 = best athlete and Seed 6 = worst athlete.

Use this key to help you determine the seed order of these athletes. **KEY:** Win = 3 points, draw = 1, lose = 0.

- Josie has won 6 and lost 2 tennis matches.
- Zena had won 3, drawn 3 and lost 2 tennis matches.
- Alana has won 7 and lost 1 tennis match.
- Casey has won 2, drawn 1 and lost 5 tennis matches.
- Tara has won all 8 tennis matches
- Anwar has won 3, drawn 1 and lost 4 tennis matches

Athlete	Seed position
Josie	
Zena	
Alana	
Casey	
Tara	
Anwar	

Competition Formats

EXPEDITIONS

One of the most _____ events that can be organised is an outdoor expedition. An expedition involves many _____, and the concept of an expedition can be as simple or complex as you want it to be. There are many companies that specialise in the management of expeditions for _____ and cohesion purposes, and other set programs can be followed to achieve personal _____, such as the Duke of Edinburgh's Award.

The Duke of Edinburgh's award has _____ key areas – Skills, volunteering, Adventurous Journey and Physical Recreation – and requires participants to complete self-development _____ that address each of these areas. The section that involves an expedition is the Adventurous Journey section.

team-building	challenging	goals
activities	four	skills

Read the following journal entry 'Jane's great journey' to answer the following questions on the following page.

Jane's great journey

The day before leaving:

I am so excited I know I will not be able to sleep tonight. Today I carefully packed everything I'm going to need in my backpack. I couldn't find the preparation list our leader gave us, so I used my initiative and improvised. My essentials are my trusty mobile phone, a change of clothes for each day (four days on total), hairspray, hair accessories for each day, a light make-up bag, my hiking boots, muesli bars, my favourite tinned pasta and two bottles of Coke, as I figure I'll be really thirsty when we stop to rest by the peaceful flowing creek. So now I'm all set and ready to explore the Australia bush. I can't wait to go. This is going to be a fully sick expedition.

Day 1:

I woke up so tired today that I could hardly raise my head from the pillow. After a wonderful hot shower, I put on my cargo shorts and t-shirt, and slipped on a pair of thongs. I tried to lug my backpack into the boot of the car, but it was so heavy I had to get Dad to put it in for me. I guess it will be lighter when I eat and drink some of my supplies along the way. When I arrived at our departure point our group leader did a bag inspection and promptly tossed out my Coke, make-up and hair accessories, and I was told to give my phone to my dad, as it's going to be an electronic-free expedition! What am I going to do for four days? This is going to be the worst four days of my life...

Day 4:

I made it home. I can hardly write. I'm starving, I'm so exhausted and I have dreadful blisters all around my heels. My hair looks terrible, and I can't wait to get in a warm shower and scrub the dirt off my dry skin. Despite all this, it was a journey I will remember for the rest of my life! Can't wait for the next trip.

Competition Format

EXPEDITIONS QUESTIONS

1. *What were Jane's priorities when packing her backpack?*

2. *If you were going on a 4-day hike into the Australia bush, what essential items should be pack?*

3. *What changes in preparation could Jane have considered before arriving at her departure point?*

4. *Why do you think the expedition was technology-free?*

5. *What is Jane's perception of the expedition and how did it change from day one to day four?*

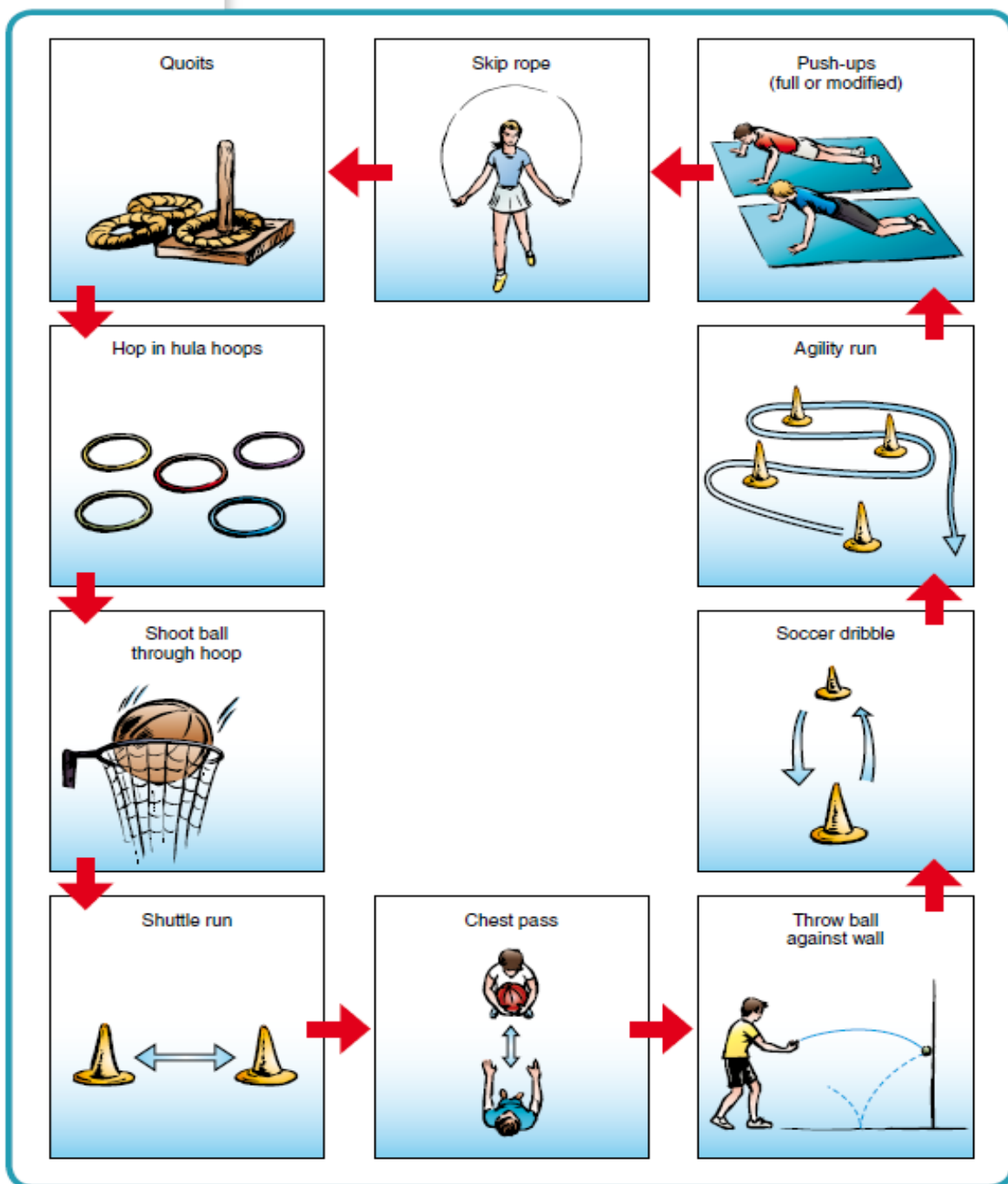
6. *Complete this journal by writing a short entry for day two or three.*

Competition Formats

TABLOID SPORTS

A tabloid sport event or tabloid game is a range of _____ set up in the form of _____. The stations can be used by a _____ group of participants who move around the stations in a set period of _____, carrying out the physical activity that is set at each station. Sometimes, a _____ can be kept to determine a _____.

large	time	stations
winner	activities	scorecard

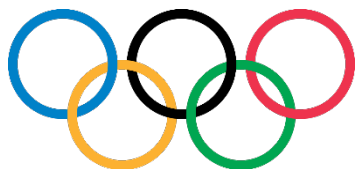


Competition Formats

TABLOID SPORTS






In the space below, design a tabloid event for fitness related to a specific sport. You can draw pictures of the activity or write a description.

Station One	Station Two	Station Three
Station Four	Station Five	Station Six
Station Seven	Station Eight	Station Nine



PASS Home Olympics



	Archery 	Find some paper and scrunch it up to make 10 balls of paper. Find a bucket, bin or box and place it 3m (3 steps) away from you. 1 at a time throw the pieces of paper into the bin. Tally your successful throws out of 10.			8-10	5-7	2-4	9
Lesson 2	Boxing 	Find a pair of socks and roll them up. With a closed fist, you are going to punch the socks upwards into the air and then punch them again with your opposite fist. Try and keep socks in the air as long as possible.			13+ hits	9-13 hits	5-8 hits	18
	Javelin 	Find a cup and fill it up halfway with water. Find a small soft object that will fit inside the cup and not break the cup. You could use a Table Tennis ball, a small lolly, a pen lid, a marble, a small toy or even a scrunched-up piece of paper. Set the cup back as far as possible. Measure the longest successful throw.			9m+	5-8m	3-5m	7m
Lesson 3	Shooting 	You will need some elastic bands and 5 pencils. On the floor, stand the pencils up in a straight line. 1 pencil length between each. You need to be 3m (3 steps) away from the pencils, lying on the ground. You need to shoot the elastic band and try to knock down all pencils. Count the amount of attempts it takes you to knock all 5 down.			Less than 9	9-13	13 -16	6
	Table Tennis 	Find a tennis ball or any other small type ball. You need to hit the ball with your right hand into the air. When the ball comes down you need to slap the ball again into the air with your left hand and then again with your right. Continue left and right until the ball hits the ground. Count the amount of hits that you had.			30+	21-30	10-20	38

My Country _____

My Medal Tally Gold _____ Silver _____ Bronze _____