

YEAR – 10 PHYSICAL RECREATION

Unit Outline – Term 3 2016



ZUMBA

Course Description:

Students will take part in an 8 week program of Zumba! Miss Roxanne Fewster will be running the program that will consist of 45 minute lessons between weeks 2 and 9 this term.

Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hip-hop, soca, samba, salsa, merengue and mambo. Squats and lunges are also included.

Course Outcomes:

By the end of this unit you should be able to:

- Have an increased feeling of self-worth and increased level of fitness
- Participate in a recreational activity within our local community
- Contribute to their own health and well being
- Apply self-management skills and plans for the achievement of personal & group goals.
- Demonstrates communication & co-operation skills that enhance interpersonal & group interaction.

Course Organisation:

Physical Recreation is a double period, with part of the lesson dedicated to Zumba and the remainder to theory involving personal health and fitness. This theory will be assessed in the form of a short, written test at the end of the term.

Please note: Inclement weather, incursions, excursions, carnivals and one off sporting programs can all alter the schedule of this course. Students who are unable to participate require a signed note from parent/guardian stating why they are unable to participate.

Course Timeline:

Week	Activity
1	Introduction:
2	THEORY: The Importance of Fitness in Teenagers PRACTICAL: ZUMBA! With Miss Roxanne
3	THEORY: Healthy Eating for Teenagers PRACTICAL: ZUMBA! With Miss Roxanne
4	THEORY: PRACTICAL: ZUMBA! With Miss Roxanne
5	THEORY: PRACTICAL: ZUMBA! With Miss Roxanne
6	THEORY: PRACTICAL: ZUMBA! With Miss Roxanne
7	THEORY: PRACTICAL: ZUMBA! With Miss Roxanne
8	THEORY: PRACTICAL: ZUMBA! With Miss Roxanne
9	THEORY: TEST PRACTICAL: ZUMBA! With Miss Roxanne

- Assessment Outline -

Course Assessment:

Week	Assessment type	Weighting	Marks Achieved
1-10	Practical sessions - skills assessment (each lesson)	25%	
9	Theory Test	25%	
Ongoing	Contribution to class, attitude and behaviour	25%	
Ongoing	Displaying of good sportsmanship and teamwork	25%	

Specific Equipment required for each lesson:

- Enclosed sport shoes
- Students may bring a change of shirt as Zumba gets very physical!
- Hat/Towel (depending on weather)
- Water bottle, however, water fountains available