Year 10 PASS

Body Systems & Energy for Physical Activity

TOPIC: Body Systems and Energy for Physical Activity	**MARKS: 71**
SUBMISSION REQUIREMENTS: Completed in class on Monday 20th of March (Term 1, Week 9) 10PASSA6: (Hartas/Reeves) – Period 2 prac changed to theory lesson 10PASSA7: (Deery/Hartas) – Period 3 10PASSB6: (O'Brien) – Period 2 prac changed to theory lesson 10PASSB7: (Bush) – Period 3 prac changed to theory lesson	**WEIGHTING:** 25%

OUTCOMES TO BE ASSESSED:
PASS5-1 - Discuss factors that limit and enhance the capacity to move and perform
PASS5-2 - Analyses the benefits of the participation and performance in physical activity and sport

DIRECTIONAL VERBS:
Discuss – Identify issues and provide points for and/or against
Analyses – Identify components and the relationship between them; draw out and relate implications

TASK DESCRIPTION:
You will be required to sit a 55min written test in your PASS lesson on Body Systems and Energy for Physical Activity.

The structure of the written test is:
Part A: Short Answer Questions – 63 Marks
Section 1 – Skeletal System: 7 Short Answer Questions – 28 Marks
Section 2 – Muscular System: 4 Short Answer Questions – 20 Marks
Section 3 – Circulatory System: 4 Short Answer Questions – 15 Marks

Part B: Long Response – 8 Marks
Students will need to prepare a response to the following questions below:
Discuss how the muscular and skeletal systems work together to enhance movements in sport.

ASSESSMENT CRITERIA: Topics assessed:
Skeletal System:
- Identifying bones and joints
- Identifying the types of bones
- The role and function of the skeletal system
- The role of the skeletal system in producing movement

Muscular System:
- Identifying muscles and joints
- Identifying joint actions, ligaments and tendons
- The role and function of the muscular system
- Identifying the types of muscles and types of muscular contractions
- The role of the muscular system and how they produce movement

Circulatory System:
- Structure and function of the circulatory system
- How it contributes to efficient movement