

**Varsity College**  
**Year 10 HPE - Semester 1, 2023**

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> <li>Introduction to Physical Activity in Australia – unit outline</li> <li>Badminton check-in</li> </ul>	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> <li>Sport participation rates in Australia</li> <li>Badminton skill development</li> </ul>	
3	6-10 February	<ul style="list-style-type: none"> <li>Barriers and enablers in sport</li> <li>Badminton skill development</li> </ul>	
4	13-17 February	<ul style="list-style-type: none"> <li>Project: Participation and performance in badminton</li> </ul>	
5	20-24 February	<ul style="list-style-type: none"> <li>Introduction to motor learning</li> <li>Badminton skill development</li> </ul>	<b>Draft due</b>
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> <li>Cognitive v Dynamic Systems</li> <li>Badminton tactics</li> </ul>	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Fair play and teamwork</li> <li>Badminton tactics</li> </ul>	<b>Project – Lesson 1</b>
8	13-17 March	<ul style="list-style-type: none"> <li>Project planning – collecting primary data</li> </ul>	
9	20-24 March	<ul style="list-style-type: none"> <li>Performance – Highlights reel</li> </ul>	<b>Performance</b>
10	27-31 March Cross Country - Thurs	<ul style="list-style-type: none"> <li>Team sports</li> </ul>	
<b>School Holidays: Saturday April 1 – Sunday April 16</b>			
1	17-21 April	<ul style="list-style-type: none"> <li>Check – in / review and reflect typical Aussie / Australia Sport</li> <li>Community fitness – what it looks like on the GC</li> <li>Games and Sport 1 Invasion – gain and maintain possession</li> </ul>	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> <li>Indicators of Health BMI &amp; Waist (and their Pro's and Con's)</li> <li>Community health activity 1 – Circuits</li> <li>Games and Sport 2 Net/Wall – place the ball away from opponent</li> </ul>	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Australia's Physical Activity and Sedentary Behaviour Guide / Survey</li> <li>Community health activity 2 – Boxercise</li> <li>Games and Sport 3 – Striking/Fielding Hit the ball away from the opposition</li> </ul>	
4	8-12 May	<ul style="list-style-type: none"> <li>Group activity – Enhancing the health and wellbeing of the community</li> <li>Community health activity 3 – VC Park Run</li> <li>Games and Sport 4 – Target – accuracy &amp; analysis (video analysis)</li> </ul>	<b>Draft due</b>
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Investigating Community Health Programs</li> <li>Community health activity 4 – YOGA</li> </ul>	<b>Project – Lesson 3</b>
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Creating a VC Community Health Program</li> <li>Group project delivery</li> </ul>	
7	29 May – 2 June	<ul style="list-style-type: none"> <li>Group project delivery</li> </ul>	
8	5-9 June GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Group project delivery</li> </ul>	
9	12-16 June	<ul style="list-style-type: none"> <li>Group project delivery</li> </ul>	
10	19-23 June	<b>Exam Block</b>	
<b>School Holidays: Saturday June 24 – Sunday July 9</b>			