

## Varsity College Year 10 HPE – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> <li>Introduction to Physical Activity in Australia – unit outline</li> <li>Touch Football check-in</li> </ul>	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> <li>Sport participation rates in Australia</li> <li>Touch Football skill development</li> </ul>	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> <li>Barriers and enablers in sport</li> <li>Touch Football skill development</li> </ul>	
4	12-16 February	<ul style="list-style-type: none"> <li>Project: Participation and performance in Touch Football</li> </ul>	<b>Project draft – Lesson 2</b>
5	19-23 February	<ul style="list-style-type: none"> <li>Project: Participation and performance in Touch Football</li> <li>Introduction to motor learning</li> <li>Badminton skill development</li> </ul>	<b>Project – Lesson 2</b>
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> <li>Cognitive v Dynamic Systems</li> <li>Badminton tactics</li> </ul>	
7	4-8 March	<ul style="list-style-type: none"> <li>Fair play and teamwork</li> <li>Badminton tactics</li> </ul>	
8	11-15 March	<ul style="list-style-type: none"> <li>Badminton Videoing – collecting primary data</li> </ul>	
9	18-22 March GC24 - Thursday	<ul style="list-style-type: none"> <li>Badminton Performance – Highlights reel</li> </ul>	<b>Performance – Lesson 2</b>
10	25-29 March Good Friday PH	<ul style="list-style-type: none"> <li>Cross Country preparation</li> </ul>	
<b>School holidays: Friday March 29 - Sunday April 14</b>			
1	15-19 April Cross Country - Wed	<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	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> <li>Indicators of Health BMI &amp; Waist (and their pros and cons)</li> <li>Community health activity 1 – Circuits</li> <li>Games and Sport 2 Net/Wall – place the ball away from opponent</li> </ul>	
3	29 Apr-3 May	<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	6-10 May Labour Day PH - Mon	<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	13-17 May	<ul style="list-style-type: none"> <li>Investigating Community Health Programs</li> <li>Community health activity 4 – YOGA</li> </ul>	
6	20-24 May	<ul style="list-style-type: none"> <li>Creating a VC Community Health Program</li> </ul>	<b>Project – Lesson 3</b>
7	27-31 May	<ul style="list-style-type: none"> <li>Group project delivery</li> </ul>	
8	3-7 June	<ul style="list-style-type: none"> <li>Group project delivery</li> </ul>	
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> <li>Group project delivery</li> </ul>	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> <li><b>Exam Block</b></li> </ul>	
<b>School holidays: Saturday June 22 - Sunday July 7</b>			