

Varsity College
Year 10 - General Physical Education - Semester 2 - 2023

Term 3, 2023

Week	Date	Topics	Assessment
1	10-14 July Athletics Carnival - Wed	<ul style="list-style-type: none"> Benefits of Fitness Components PE skill set check-in prior knowledge Netball 	
2	17-21 July	<ul style="list-style-type: none"> Energy Systems PE skill set – Garmins and heart rates Netball 	
3	24-28 July	<ul style="list-style-type: none"> Understanding of Heart Rate - Netball PE skill set – Training methods 	
4	31 July – 4 August	<ul style="list-style-type: none"> GPAI Experience - Badminton PE skill set – Training principles 	
5	7-11 August	<ul style="list-style-type: none"> Ethics & Integrity - Badminton PE skill set – GPAI's 	
6	14-18 August	<ul style="list-style-type: none"> Assessment revision PE skill set – Video editing - Badminton 	
7	21-25 August	<ul style="list-style-type: none"> Assessment revision PE skill set - Strategies 'Course of actions' - Badminton 	Exam
8	28 August – 1 Sept. GC Show PH - Fri	<ul style="list-style-type: none"> Touch Football – Subject Matter 	
9	4-8 September	<ul style="list-style-type: none"> Touch Football – Setting up attack 	
10	11-15 September	<ul style="list-style-type: none"> Touch Football – Defending against attack 	
School Holidays: Saturday September 16 – Monday October 2			

Term 4, 2023

Week	Date	Topics	Assessment
1	2-6 October King's Birthday PH - Mon	<ul style="list-style-type: none"> Sport Psychology – 'check in' Volleyball – 'check in' 	
2	9-13 October	<ul style="list-style-type: none"> Introduction to Sport Psychology - Motivation & Confidence Volleyball- Setting up attack 	
3	16-20 October	<ul style="list-style-type: none"> Arousal, Attention & Concentration Volleyball – Setting up attack 	
4	23-27 October	<ul style="list-style-type: none"> Team Dynamics & Cohesion Volleyball – Defending against attack 	
5	30 Oct – 3 Nov	<ul style="list-style-type: none"> Psychological techniques to optimise performance Volleyball – creating, defending and exploiting space 	Project Draft
6	6-10 November	<ul style="list-style-type: none"> Assessment Prep 	Performance
7	13-17 November	<ul style="list-style-type: none"> Assessment Prep 	Project Due
8	20-24 November	Exam Block	
School Holidays: Saturday November 25 – Sunday January 21, 2024			