

**Varsity College
Year 10 Physical Education – Semester 2, 2024**

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	Benefits of Fitness Components PE skill set check-in prior knowledge Sport of Choice – Badminton, Ultimate Base, Viper Ball, Volleyball, Oztag, Soccer/Futsal (2 weeks on each – choose on space availability)	
2	15-19 July	Energy Systems PE skill set – Garmin's and heart rates Sport of Choice – Badminton, Ultimate Base, Viper Ball, Volleyball, Oztag, Soccer/Futsal (2 weeks on each – choose on space availability)	
3	22-26 July GC24 - Thursday	Understanding of Heart Rates and training zones PE skill set – Training methods Sport of Choice – Badminton, Ultimate Base, Viper Ball, Volleyball, Oztag, Soccer/Futsal (2 weeks on each – choose on space availability)	
4	29 Jul- 2 Aug	GPAI Experience – on sport of choice PE skill set – Training principles Sport of Choice – Badminton, Ultimate Base, Viper Ball, Volleyball, Oztag, Soccer/Futsal (2 weeks on each – choose on space availability)	
5	5-9 August	Ethics & Integrity PE skill set – GPAI's Sport of Choice – Badminton, Ultimate Base, Viper Ball, Volleyball, Oztag, Soccer/Futsal (2 weeks on each – choose on space availability)	
6	12-16 August GC24 Finals – Wed.	Assessment revision PE skill set – Video editing Sport of Choice – Badminton, Ultimate Base, Viper Ball, Volleyball, Oztag, Soccer/Futsal (2 weeks on each – choose on space availability)	
7	19-23 August	Assessment revision PE skill set - Strategies 'Course of actions' Sport of Choice – Badminton, Ultimate Base, Viper Ball, Volleyball, Oztag, Soccer/Futsal (2 weeks on each – choose on space availability)	Exam
8	26-30 August	Touch Football – Subject Matter	
9	2-6 September	Touch Football – Setting up attack	
10	9-13 September	Touch Football – Defending against attack	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	Sport Psychology – 'check in' Netball – 'check in' Collect Raw data for assessment – minimal rules given (stepping and obstruction/contact) - video class and watch in next theory lesson and fill out checklist and GPAIs	
2	7-11 October King's B'day PH - Monday	Introduction to Sport Psychology - Motivation & Confidence Netball - Setting up attack	
3	14-18 October	Arousal, Attention & Concentration Netball – Setting up attack	
4	21 - 25 October	Team Dynamics & Cohesion Netball – Defending against attack Collect Post video footage – watch in class and fill out checklist and GPAIs	
5	28 Oct – 1 Nov	Psychological techniques to optimise performance Netball – creating, defending and exploiting space	
6	4-8 November	Assessment Prep	
7	11-15 November	Assessment Prep	Project
8	18-22 November	Exam Block	
School holidays: Saturday November 23 – Monday January 27			