

Varsity College
Year 11 Physical Education

Term 1, 2023

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> Unit 1A: Introduction - What is motor learning, motor programs and types of motor skills? 	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> Cognitive Systems Approach – cognitive model of learning, information processing model, Fitt's & Posner stages of motor learning 	
3	6-10 February	<ul style="list-style-type: none"> Dynamic Systems Approach – dynamic systems approach in sport, linear vs nonlinear learning 	
4	13-17 February	<ul style="list-style-type: none"> Constraints & Rate Limiters – constraints in sports, working with rate limiters and overcoming them 	
5	20-24 February	<ul style="list-style-type: none"> Types of Practice – examine different types 	
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> Types of Feedback – intrinsic vs extrinsic feedback, knowledge of results, knowledge of performance 	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> Body and Movement Concepts – body awareness, space awareness, quality of movements & relationships 	
8	13-17 March	<ul style="list-style-type: none"> Unit 1B: Introduction to Functional Anatomy & Biomechanics – Anatomical movement 	
9	20-24 March	<ul style="list-style-type: none"> Levers / Force - first, second, third class levers. Internal vs external forces 	
10	27-31 March Cross Country - Thurs	Exam Block	Exam
School Holidays: Saturday April 1 – Sunday April 16			

Term 2, 2023

Week	Date	Topics	Assessment
1	17-21 April Athletics Carnival - Wednesday	<ul style="list-style-type: none"> Momentum – summation of forces, speed, velocity, acceleration, Newtons Laws of Motion 	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> Motion – linear, curvilinear, angular, projectile motion 	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> Gather – gathering of primary and secondary data about the influence of these concepts on performance 	
4	8-12 May	<ul style="list-style-type: none"> Analysis – use secondary data to analyse and justify how biomechanical concepts. Prepare for project 	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> Assessment work 	Draft due
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> Assessment work 	
7	29 May – 2 June	<ul style="list-style-type: none"> Assessment work 	Project – Lesson 2
8	5-9 June Exam Block – Tuesday L1,2 GIPSA - Wednesday	<ul style="list-style-type: none"> Unit 2A: Sport – a microcosm of society. Defining Equity & Access / Barriers & Enablers Personal factors - Motivation, Confidence, Personal Traits, Personal Ability, Genetic Predisposition, Gender, Prior experience Touch football – rules and skills 	
9	12-16 June	<ul style="list-style-type: none"> Agents of Socialisation - Parents / Siblings, Friends / Peers, Teachers, Coaches Touch football – skill development 	
10	19-23 June	Exam Block	
School Holidays: Saturday June 24 – Sunday July 9			

Term 3, 2023

Week	Date	Topics	Assessment
1	10-14 July	<ul style="list-style-type: none"> Social Construction – Gender, Diversity Touch football - Rucking and defending strategies 	
2	17-21 July	<ul style="list-style-type: none"> Cultural factors – Demographic, Generation, Cultural Change Survey collection 	
3	24-28 July	<ul style="list-style-type: none"> Environmental factors and mega –trends Survey - analysing and synthesising data and providing effective strategies 	
4	31 July – 4 August	<ul style="list-style-type: none"> Assessment work 	Draft due
5	7-11 August	<ul style="list-style-type: none"> Assessment work Touch football – strategy and game play assessment 1 	
6	14-18 August	<ul style="list-style-type: none"> Investigation Report Due Touch football – strategy and game play assessment 2 	Investigation Report – Lesson 2
7	21-25 August	<ul style="list-style-type: none"> Year 12 Unit 3A commencement – Tactical Awareness & Badminton 	
8	28 August – 1 Sept.	<ul style="list-style-type: none"> Two major approaches to investigating skill acquisition / Badminton 	
9	4-8 September	<ul style="list-style-type: none"> Constraints led approach to learning / Badminton 	
10	11-15 September	Exam Block	
School Holidays: Saturday September 16 – Monday October 2			

Term 4, 2023

Week	Date	Topics	Assessment
1	2-6 October Queen's Birthday PH - Mon	<ul style="list-style-type: none"> Evaluating specialised movement sequences / Badminton 	
2	9-13 October	<ul style="list-style-type: none"> Implementing a constraint led approach / Badminton 	
3	16-20 October	<ul style="list-style-type: none"> Project work 	
4	23-27 October	<ul style="list-style-type: none"> Project work / Badminton 	
5	30 Oct – 3 Nov	<ul style="list-style-type: none"> Project work / Badminton 	Draft due
6	6-10 November	<ul style="list-style-type: none"> Project work 	
7	13-17 November	<ul style="list-style-type: none"> Badminton 'highlights reel' 	Highlight Reel + Multimodal – Lesson 2
8	20-24 November	Exam Block	Performance
School Holidays: Saturday November 25 – Sunday January 21, 2024			