

Varsity College Year 11 Physical Education 2024

Term 1

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> Orientation week 	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> Unit 1A: Introduction - What is motor learning, motor programs and types of motor skills? 	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> Cognitive Systems Approach – cognitive model of learning, information processing model, Fitt's & Posner stages 	
4	12-16 February	<ul style="list-style-type: none"> Dynamic Systems Approach – dynamic systems approach in sport, linear vs nonlinear learning 	
5	19-23 February	<ul style="list-style-type: none"> Constraints & Rate Limiters – constraints in sports, working with rate limiters and overcoming them 	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> Types of Practice – examine different types 	
7	4-8 March	<ul style="list-style-type: none"> Types of Feedback – intrinsic vs extrinsic feedback, knowledge of results, knowledge of performance 	
8	11-15 March	<ul style="list-style-type: none"> Coaching unit – two lessons peer coaching Yr 7/8 class Reflection lesson 	
9	18-22 March GC24 - Thursday	<ul style="list-style-type: none"> Unit 1B: Introduction to Functional Anatomy & Biomechanics 	
10	25-29 March Good Friday PH	EXAM BLOCK	EXAMINATION
School holidays: Friday March 29 - Sunday April 14			

Term 2

Week	Date	Topics	Assessment
1	15-19 April Cross Country - Wed	<ul style="list-style-type: none"> Momentum – summation of forces, speed, velocity, acceleration, Newtons Laws of Motion 	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> Motion – linear, curvilinear, angular, projectile motion Levers / Force - first, second, third class levers. Internal vs external forces 	
3	29 Apr-3 May	<ul style="list-style-type: none"> Gather – gathering of primary and secondary data about the influence of these concepts on performance 	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> Analysis – use secondary data to analyse and justify how biomechanical concepts. Prepare for project 	
5	13-17 May	<ul style="list-style-type: none"> Assessment work 	Draft due
6	20-24 May	<ul style="list-style-type: none"> Assessment work 	
7	27-31 May	<ul style="list-style-type: none"> Assessment work 	Project – Lesson 2
8	3-7 June	<ul style="list-style-type: none"> Unit 2A: Sport – Defining Equity & Access / Barriers & Enablers Touch football – rules and skills 	
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> Agents of Socialisation - Parents / Siblings, Friends / Peers, Teachers, Coaches Touch football – skill development 	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> Touch football – skill development 	
School holidays: Saturday June 22 - Sunday July 7			

Term 3

Week	Date	Topics	Assessment
1	8-12 July	<ul style="list-style-type: none"> Social Construction – Gender, Diversity Touch football - Rucking and defending strategies 	
2	15-19 July	<ul style="list-style-type: none"> Cultural factors – Demographic, Generation, Cultural Change Survey collection 	
3	22-26 July GC24 - Thursday	<ul style="list-style-type: none"> Environmental factors and mega –trends Survey - analysing and synthesising data and providing effective strategies 	
4	29 Jul- 2 Aug	<ul style="list-style-type: none"> Assessment work 	Draft due
5	5-9 August	<ul style="list-style-type: none"> Assessment work Touch football – strategy and game play assessment 1 	
6	12-16 August GC24 Finals – Wed.	<ul style="list-style-type: none"> Investigation Report Due Touch football – strategy and game play assessment 2 	Investigation Report – Lesson 2
7	19-23 August	<ul style="list-style-type: none"> Year 12 Unit 3A commencement – Tactical Awareness & Badminton 	
8	26-30 August	<ul style="list-style-type: none"> Two major approaches to investigating skill acquisition / Badminton 	
9	2-6 September	<ul style="list-style-type: none"> Constraints led approach to learning / Badminton 	
10	9-13 September	EXAM BLOCK	
School holidays: Saturday September 14 – Sunday September 29			

Term 4

Week	Date	Topics	Assessment
1	30 Sept – 4 Oct	<ul style="list-style-type: none"> Evaluating specialised movement sequences / Badminton 	
2	7-11 October King's B'day PH - Monday	<ul style="list-style-type: none"> Implementing a constraint led approach / Badminton 	
3	14-18 October	<ul style="list-style-type: none"> Project work 	
4	21 - 25 October	<ul style="list-style-type: none"> Project work / Badminton 	
5	28 Oct – 1 Nov	<ul style="list-style-type: none"> Project work / Badminton 	Draft due
6	4-8 November	<ul style="list-style-type: none"> Project work 	
7	11-15 November	<ul style="list-style-type: none"> Badminton 'highlights reel' 	Highlight Reel + Multimodal – Lesson 2
8	18-22 November	EXAM BLOCK	
School holidays: Saturday November 23 – Monday January 27			