

**Varsity College
Year 11 Physical Education 2025**

Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> Orientation week 	
2	3-7 February	<ul style="list-style-type: none"> Unit 1A: Introduction - What is motor learning, motor programs and types of motor skills? 	
3	10-14 February Swimming Carnival: Tuesday Y11,12 Parent Information Session: Monday	<ul style="list-style-type: none"> Cognitive Systems Approach – cognitive model of learning, Information Processing Model, Fitt's & Posner Stages of Learning 	
4	17-21 February	<ul style="list-style-type: none"> Dynamic Systems Approach – dynamic systems approach in sport and Ecological Model 	
5	24-28 February	<ul style="list-style-type: none"> Constraints & Rate Limiters – constraints in sports, working with rate limiters and overcoming them 	
6	3-7 March GCS25: Wednesday	<ul style="list-style-type: none"> Types of Practice – examine different types 	
7	10-14 March	<ul style="list-style-type: none"> Types of Feedback – intrinsic vs extrinsic feedback, knowledge of results, knowledge of performance 	
8	17-21 March	<ul style="list-style-type: none"> Coaching unit – two lessons peer coaching Yr 7/8 class Reflection lesson 	
9	24-28 March	EXAM BLOCK	EXAM
10	31 March - 4 April Cross Country Carnival: Thursday	<ul style="list-style-type: none"> Unit 1B: Introduction to Functional Anatomy & Biomechanics Pre-performance – obtaining primary data footage 	
School holidays: Friday April 4 - Sunday April 19			

Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	<ul style="list-style-type: none"> Balance & Stability 	
2	28 April-2 May GCS25: Tuesday	<ul style="list-style-type: none"> Momentum – summation of forces, speed, velocity, acceleration, Newtons Laws of Motion 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> Motion – linear, curvilinear, angular, projectile motion Levers / Force - first, second, third class levers. Internal vs external forces 	
4	12-16 May Parent Teacher Interviews: Monday	<ul style="list-style-type: none"> Gather – gathering of primary and secondary data about the influence of these concepts on performance 	
5	19-23 May	<ul style="list-style-type: none"> Analysis – use secondary data to analyse and justify how biomechanical concepts. Prepare for project 	
6	26-30 May	<ul style="list-style-type: none"> Assessment work 	
7	2-6 June GCS25: Wednesday	EXAM BLOCK	
8	9-13 June GCS25: Wednesday	<ul style="list-style-type: none"> Assessment work 	Project due lesson 2
9	16-20 June	<ul style="list-style-type: none"> Unit 2A: Sport – Defining Equity & Access / Barriers & Enablers Touch football – rules and skills 	
10	23-27 June Athletics Carnival: Thursday	<ul style="list-style-type: none"> Agents of Socialisation - Parents / Siblings, Friends / Peers, Teachers, Coaches Touch football – skill development 	
School holidays: Saturday June 28 - Sunday July 13			

Term 3

Week	Date	Topics	Assessment
1	14-18 July	<ul style="list-style-type: none"> Social Construction – Gender, Diversity Touch football - Rucking and defending strategies 	
2	21-25 July Future Pathways Expo Y11, 12 Parent Information Session: Wednesday	<ul style="list-style-type: none"> Cultural factors – Demographic, Generation, Cultural Change Survey collection 	
3	28 July-1 August Parent Teacher Interviews: Monday	<ul style="list-style-type: none"> Environmental factors and mega –trends Survey - analysing and synthesising data and providing effective strategies 	
4	4-8 August	<ul style="list-style-type: none"> Assessment work 	
5	11-15 August GCS25: Tuesday	<ul style="list-style-type: none"> Assessment work Touch football – strategy and game play assessment 1 	
6	18-22 August GC25 (Finals): Tuesday	<ul style="list-style-type: none"> Investigation Report Due Touch football – strategy and game play assessment 2 	Assignment due lesson 2
7	25-29 August GC Show Day: Friday	<ul style="list-style-type: none"> Year 12 Unit 3A commencement – Tactical Awareness & Badminton 	
8	1-5 September	<ul style="list-style-type: none"> Two major approaches to investigating skill acquisition / Badminton Constraints led approach to learning / Badminton 	
9	8-12 September	EXAM BLOCK	
10	15-19 September	EXAM BLOCK	
School holidays: Saturday September 20 – Sunday October 4			

Term 4

Week	Date	Topics	Assessment
1	6-10 October King's Birthday: Monday	<ul style="list-style-type: none"> Evaluating specialised movement sequences / Badminton 	
2	13-17 October	<ul style="list-style-type: none"> Implementing a constraint led approach / Badminton 	
3	20-24 October	<ul style="list-style-type: none"> Project work 	
4	27-31 October	<ul style="list-style-type: none"> Project work / Badminton 	
5	3-7 November	<ul style="list-style-type: none"> Project work / Badminton 	
6	10-14 November	<ul style="list-style-type: none"> Project work 	
7	17-21 November	<ul style="list-style-type: none"> Badminton 'highlights reel' 	Project + Highlight Reels due lesson 2
8	24-28 November	EXAM BLOCK	
School holidays: Saturday November 29 – Monday January 26			