

Varsity College
Year 11 Sport and Recreation

Term 1, 2023

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> Module 1: Recreation and sport Viper ball 	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> Benefits of sport and recreation to you and the community Capture the flag – skills and strategies 	
3	6-10 February	<ul style="list-style-type: none"> Participate in sport and recreation activities Capture the flag – game play 	
4	13-17 February	<ul style="list-style-type: none"> Barriers to participating in Sport & Recreation Long Ball - skills and strategies 	
5	20-24 February	<ul style="list-style-type: none"> Vocational and employment pathways are available in the sport and recreation industries Edor - skills and strategies 	
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> Safety strategies should you and others know and implement when participating in sport and recreation activities Rounders - skills and strategies 	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> Viper Assessment 	Performance
8	13-17 March	<ul style="list-style-type: none"> Module 2: Sports Nutrition – entry knowledge 	
9	20-24 March	<ul style="list-style-type: none"> Individual nutrition and effect personal health 	
10	27-31 March Cross Country - Thurs	Exam Block	
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"> Development of physical skills to support effective participation in sport and recreation 	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> Effect of food input on activity output Government guidelines with personal health and nutrition 	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> Strategies for individuals and organisations to employ that promote their own and other Australian's health 	Draft due
4	8-12 May	<ul style="list-style-type: none"> 'Food models for good health' Nutrition for sport performance Assessment preparation 	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> Assessment preparation 	Report – Lesson 3
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> Module: 3 Amazing Race - introduction Sport and Recreation have an important role within Australia Society 	
7	29 May – 2 June	<ul style="list-style-type: none"> Physical activity in sport and recreation activities supports the development and maintenance of health and performance 	
8	5-9 June Exam Block – Tuesday L1,2 GIPSA - Wednesday	<ul style="list-style-type: none"> Safety in Recreation and Sport Interpersonal skills in delivering session 	
9	12-16 June	<ul style="list-style-type: none"> Navigational Skills 1 	
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	• Navigational Skills 2 – Amazing race preparation	
2	17-21 July	• Amazing race group delivery	Performance
3	24-28 July	• Module 4: Coaching your team - introduction	
4	31 July – 4 August	• Agencies have a role in the promotion of sport and recreation	
5	7-11 August	• Coaching principles 1 • Oztog rules and skills	
6	14-18 August	• Coaching principles 2 • Touch Football – rules and skills	
7	21-25 August	• Coaching session preparation	Draft due Project – Lesson 3
8	28 August – 1 Sept.	• Coaching session delivery	
9	4-8 September	• Coaching session delivery	
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	• Module 5: Introduction to Badminton – rules, shot techniques and game play	
2	9-13 October	• Investigate how physical activity in sport and recreation activities supports the development and maintenance of health and performance.	
3	16-20 October	• Badminton game play – singles strategies, tournaments, ladder activity	
4	23-27 October	• Investigate policies, strategies, rules and technology can be used to promote health and safety in sport and recreation activities.	
5	30 Oct – 3 Nov	• Badminton game play – doubles strategies, tournaments, ladder activity	
6	6-10 November	• Research the personal and interpersonal skills, including leadership and communication skills, are essential for effective participation in sport and recreation activities – badminton teams.	
7	13-17 November	• Badminton performance & assessment	
8	20-24 November	Exam Block	Performance
School Holidays: Saturday November 25 – Sunday January 21, 2024			