

Varsity College Year 11 Sport & Recreation 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"> Mental Skills - Intro to Sport Psychology Personality Testing 	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> Mental Skills – What is self-talk 	
4	12-16 February	<ul style="list-style-type: none"> Mental Skills – What is mental rehearsal & visualisation 	
5	19-23 February	<ul style="list-style-type: none"> Mental Skills – Begin project investigation (multimodal) 	Project Draft Due
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> Mental Skills – research & project submission 	Project Lesson 2
7	4-8 March	<ul style="list-style-type: none"> Introduction to Sports Nutrition 	
8	11-15 March	<ul style="list-style-type: none"> Sports Nutrition – Food & nutrients 	
9	18-22 March GC24 - Thursday	<ul style="list-style-type: none"> Sports Nutrition – Food for Performance 	
10	25-29 March Good Friday PH	EXAM BLOCK	
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"> Sports Nutrition – Energy requirement for performance 	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> Sports Nutrition – Performance planning 	
3	29 Apr-3 May	<ul style="list-style-type: none"> First Aid & Injury Prevention – Intro to First Aid 	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> First Aid & Injury Prevention – Online First Aid Course 	
5	13-17 May	<ul style="list-style-type: none"> First Aid & Injury Prevention – Sports Injuries 	
6	20-24 May	<ul style="list-style-type: none"> First Aid & Injury Prevention – Injury Prevention Strategies 	
7	27-31 May	<ul style="list-style-type: none"> First Aid & Injury Prevention – Assessment Prep 	
8	3-7 June	<ul style="list-style-type: none"> Performance Assessment preparation 	Draft Due
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> Performance Assessment 	Performance Lesson 2
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> Practical activities 	
School holidays: Saturday June 22 - Sunday July 7			

Term 3

Week	Date	Topics	Assessment
1	8-12 July	<ul style="list-style-type: none"> Event Management – introduction to topic 	
2	15-19 July	<ul style="list-style-type: none"> Investigate related vocational pathways and employment opportunities in event management 	
3	22-26 July GC24 - Thursday	<ul style="list-style-type: none"> Select and participate in a range of events linked to a school, sport, fitness and/or recreation sector and document outcomes 	
4	29 Jul- 2 Aug	<ul style="list-style-type: none"> Analyse factors influencing outcomes in a variety of events 	
5	5-9 August	<ul style="list-style-type: none"> Plan an event - Devise and sequence activities in selected events, activity resources, target groups and sizes 	
6	12-16 August GC24 Finals – Wed.	<ul style="list-style-type: none"> Plan a course of action to implement the event management activities 	
7	19-23 August	<ul style="list-style-type: none"> Promote and organise resources for the event 	
8	26-30 August	<ul style="list-style-type: none"> Performance of the event 	Performance Lesson 2
9	2-6 September	<ul style="list-style-type: none"> Performance of the event 	
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"> Coaching – introduction to topic. Investigate related vocational pathways and employment opportunities in coaching 	
2	7-11 October King's B'day PH - Monday	<ul style="list-style-type: none"> Role of the Coach and different coaching styles – role paly scenarios in a variety of sports 	
3	14-18 October	<ul style="list-style-type: none"> Planning and delivering coaching sessions – how to plan effectively and key factors that make an effective coaching session 	
4	21 - 25 October	<ul style="list-style-type: none"> Investigate and plan a coaching session for a class 	
5	28 Oct – 1 Nov	<ul style="list-style-type: none"> Perform a coaching session for a class 	
6	4-8 November	<ul style="list-style-type: none"> Evaluate the effectiveness of the implemented coaching activity and strategies in relation to performance and enhanced outcomes 	
7	11-15 November	<ul style="list-style-type: none"> Finalise project 	Project Lesson 2
8	18-22 November	EXAM BLOCK	
School holidays: Saturday November 23 – Monday January 27			