

Varsity College Year 11 Sport and Recreation 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"> Mental Skills - Intro to Sport Psychology Personality Testing 	
3	10-14 February Swimming Carnival: Tuesday Y11,12 Parent Information Session: Monday	<ul style="list-style-type: none"> Mental Skills – What is self-talk 	
4	17-21 February	<ul style="list-style-type: none"> Mental Skills – What is mental rehearsal & visualisation 	
5	24-28 February	<ul style="list-style-type: none"> Mental Skills – Begin project investigation (multimodal) 	
6	3-7 March GCS25: Wednesday	<ul style="list-style-type: none"> Mental Skills – research 	
7	10-14 March	<ul style="list-style-type: none"> Mental Skills – research & project submission 	Project due lesson 2
8	17-21 March	<ul style="list-style-type: none"> Introduction to Sports Nutrition 	
9	24-28 March	EXAM BLOCK	
10	31 March - 4 April Cross Country Carnival: Thursday	<ul style="list-style-type: none"> Sports Nutrition – Food for Performance 	
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"> Sports Nutrition – Energy requirement for performance 	
2	28 April-2 May GCS25: Tuesday	<ul style="list-style-type: none"> Sports Nutrition – Performance planning 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> First Aid & Injury Prevention – Intro to First Aid 	
4	12-16 May Parent Teacher Interviews: Monday	<ul style="list-style-type: none"> First Aid & Injury Prevention – Online First Aid Course 	
5	19-23 May	<ul style="list-style-type: none"> First Aid & Injury Prevention – Sports Injuries 	
6	26-30 May	EXAM BLOCK	
7	2-6 June GCS25: Wednesday	<ul style="list-style-type: none"> First Aid & Injury Prevention – Injury Prevention Strategies 	
8	9-13 June GCS25: Wednesday	<ul style="list-style-type: none"> First Aid & Injury Prevention – Assessment Prep 	Performance due lesson 2
9	16-20 June	<ul style="list-style-type: none"> Performance Assessment 	
10	23-27 June Athletics Carnival: Thursday	<ul style="list-style-type: none"> Performance Assessment 	
School holidays: Saturday June 28 - Sunday July 13			

Term 3

Week	Date	Topics	Assessment
1	14-18 July	<ul style="list-style-type: none"> Event Management Introduction 	
2	21-25 July Future Pathways Expo Y11, 12 Parent Information Session: Wednesday	<ul style="list-style-type: none"> 'Amazing Race' event participation and panning 	
3	28 July-1 August Parent Teacher Interviews: Monday	<ul style="list-style-type: none"> Why participate in sport Participation rates 	
4	4-8 August	<ul style="list-style-type: none"> Gold Coast sporting events research task 	
5	11-15 August GCS25: Tuesday	<ul style="list-style-type: none"> Planning your sporting event 	
6	18-22 August GC25 (Finals): Tuesday	<ul style="list-style-type: none"> Running the sporting events-trial 1 	
7	25-29 August GC Show Day: Friday	<ul style="list-style-type: none"> Reviewing tournament- making adjustments 	
8	1-5 September	<ul style="list-style-type: none"> Performance and Evaluation of sporting event 	Performance due lesson 2
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 <small>King's Birthday: Monday</small>	<ul style="list-style-type: none"> Coaching Overview 	
2	13-17 October	<ul style="list-style-type: none"> Ausport online Community Coaching course 	
3	20-24 October	<ul style="list-style-type: none"> Ausport online Community Coaching course 	
4	27-31 October	<ul style="list-style-type: none"> 'The Coach' comparing different coaching styles Developing coaching lesson plans 	
5	3-7 November	<ul style="list-style-type: none"> Stages of learning, motor learning Developing coaching lesson plans 	
6	10-14 November	<ul style="list-style-type: none"> Performing coaching session 	
7	17-21 November	<ul style="list-style-type: none"> Evaluation of coaching session 	Project due lesson 2
8	24-28 November	EXAM BLOCK	
School holidays: Saturday November 29 – Monday January 26			