

Varsity College
Year 12 Physical Education – Terms 1-3, 2023

Term 1, 2023

| Week | Date | Topics | Assessment |
|------------------------------------------------------------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 1 | 23-27 January Australia Day PH - Thurs | <ul style="list-style-type: none"> Check in – case studies, VC experiences, practical experiences, research | |
| 2 | 30 Jan – 3 Feb Swimming Carnival - Mon | <ul style="list-style-type: none"> Exploring Ethics and Integrity | |
| 3 | 6-10 February | <ul style="list-style-type: none"> Importance of Ethics and Integrity in Sport | |
| 4 | 13-17 February | <ul style="list-style-type: none"> Fair play – 7 elements – Sport Integrity Australia | |
| 5 | 20-24 February | <ul style="list-style-type: none"> Effects of Globalisation, Mass media and socialisation | |
| 6 | 27 Feb – 3 Mar | <ul style="list-style-type: none"> Ethical Strategies / codes of conduct / rules and policies | |
| 7 | 6-10 March GIPSA - Wednesday | <ul style="list-style-type: none"> Ethical Decision Making Framework | Draft due |
| 8 | 13-17 March | <ul style="list-style-type: none"> Investigation Report – class time | |
| 9 | 20-24 March | <ul style="list-style-type: none"> Investigation Report – class time | Report – Lesson 1 |
| 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"> Check-in to unit – Energy, Fitness, Training Touch football GPAI | |
| 2 | 24-28 April ANZAC Day PH - Tues | <ul style="list-style-type: none"> Energy requirements for physical activity Phosphate Challenge – Touch and Garmin Introduction | |
| 3 | 1-5 May Labour Day PH - Monday GIPSA - Wednesday | <ul style="list-style-type: none"> 7 Components of Fitness and Testing | |
| 4 | 8-12 May | <ul style="list-style-type: none"> Games analysis of Touch Personal Games Analysis | |
| 5 | 15-19 May GIPSA - Wednesday | <ul style="list-style-type: none"> Training Zones & Role of Oxygen in performance | |
| 6 | 22-26 May GIPSA - Wednesday | <ul style="list-style-type: none"> Planning a training session | |
| 7 | 29 May – 2 June | <ul style="list-style-type: none"> Microcycle – two sessions | |
| 8 | 5-9 June Exam Block – Tuesday L1, 2 GIPSA - Wednesday | <ul style="list-style-type: none"> Microcycle – two sessions | |
| 9 | 12-16 June | <ul style="list-style-type: none"> Post-test results and Touch Footage | |
| 10 | 19-23 June | <ul style="list-style-type: none"> Evaluation of results | |
| School Holidays: Saturday June 24 – Sunday July 9 | | | |

Term 3, 2023

| Week | Date | Topics | Assessment |
|-----------------------------------------------------------|---------------------------------------------|-----------------------------------------------------------|--------------------|
| 1 | 10-14 July | • Project work and touch football | Draft due |
| 2 | 17-21 July | • Project work and touch football | |
| 3 | 24-28 July | • Project work and touch football | Project – Lesson 3 |
| 4 | 31 July – 4 August Exam Block - Thursday | • Touch video evidence (highlights reel) | |
| 5 | 7-11 August | • Revise Subject Matter (Check for Understanding Test 2) | |
| 6 | 14-18 August | • Mark CFU, self-reflection (key targets for improvement) | |
| 7 | 21-25 August | • Mock Exam strategies (Multiple choice focus) | |
| 8 | 28 August – 1 Sept. | • Short Response and Extended Responses focus | |
| 9 | 4-8 September | Mock Exams | |
| 10 | 11-15 September | Mock Exams | |
| School Holidays: Saturday September 16 – Monday October 2 | | | |

Term 4, 2023

| Week | Date | Topics | Assessment |
|------|------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------|
| 1 | 2-6 October Queen's Birthday PH - Mon | • Energy, Fitness, Training workshops + CFU Exam | |
| 2 | 9-13 October | • Energy, Fitness, Training workshops + CFU Exam | |
| 3 | 16-20 October | • No classes for Applied and Certificate subjects. • Study lessons for General subjects. | |
| 4 | 23-27 October | External Exam Block | External Assessment: Unit 3 and 4 |
| 5 | 30 Oct – 3 Nov | | |
| 6 | 6-10 November | | |
| 7 | 13-17 November | Graduation | |