

## Varsity College Year 12 Sport and Recreation

### Term 1, 2023

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> <li>Introduction to First Aid</li> </ul>	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> <li>Research Sporting injuries</li> </ul>	
3	6-10 February	<ul style="list-style-type: none"> <li>Online First Aid Course</li> </ul>	
4	13-17 February	<ul style="list-style-type: none"> <li>Online First Aid Course</li> </ul>	
5	20-24 February	<ul style="list-style-type: none"> <li>First Aid – Guest Speaker</li> </ul>	
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> <li>Sports Injuries per sport</li> </ul>	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Prevention Plan examples</li> </ul>	Draft due
8	13-17 March	<ul style="list-style-type: none"> <li>Investigation Report research</li> </ul>	
9	20-24 March	<ul style="list-style-type: none"> <li>Investigation Report Due</li> </ul>	Investigation 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"> <li>Overview of Unit – Event Management</li> </ul>	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> <li>Sport and recreation role within Australian society</li> <li>SWOT analysis</li> </ul>	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Participation rates in sports</li> </ul>	
4	8-12 May	<ul style="list-style-type: none"> <li>Role of agencies in promotion of sport and recreation, in the broader community</li> </ul>	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Guest Speaker on Managing Events and logistics</li> </ul>	
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Planning your sporting event</li> </ul>	
7	29 May – 2 June	<ul style="list-style-type: none"> <li>Planning your sporting event</li> </ul>	
8	5-9 June Exam Block – Tuesday L1, 2 GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	Project – Lesson 3
9	12-16 June	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	
10	19-23 June	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	
School Holidays: Saturday June 24 – Sunday July 9			

### Term 3, 2023

Week	Date	Topics	Assessment
1	10-14 July	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	
2	17-21 July	<ul style="list-style-type: none"> <li>Module 8: Strength and Conditioning</li> <li>Training programs</li> </ul>	
3	24-28 July	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Methods of training</li> </ul>	
4	31 July – 4 August Exam Block - Thursday	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Muscle groups</li> <li>Implementation of training program</li> </ul>	
5	7-11 August	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Components of fitness</li> <li>Implementation of training program</li> </ul>	
6	14-18 August	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Implementation of training program</li> </ul>	Performance
7	21-25 August	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Evaluation</li> </ul>	Performance
8	28 August – 1 Sept.	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> </ul>	Performance
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	<ul style="list-style-type: none"> <li>Strength training</li> </ul>	
2	9-13 October	<ul style="list-style-type: none"> <li>Strength training</li> </ul>	
3	16-20 October	<ul style="list-style-type: none"> <li>No classes for Applied and Certificate subjects.</li> <li>Study lessons for General subjects.</li> </ul>	
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	