

## Varsity College Year 12 Sport and Recreation 2024

### Term 1

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> <li>Introduction to First Aid</li> </ul>	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> <li>Research Sporting injuries</li> </ul>	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> <li>Online First Aid Course</li> </ul>	
4	12-16 February	<ul style="list-style-type: none"> <li>Online First Aid Course</li> </ul>	
5	19-23 February	<ul style="list-style-type: none"> <li>First Aid – Guest Speaker</li> </ul>	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> <li>Sports Injuries per sport</li> </ul>	
7	4-8 March	<ul style="list-style-type: none"> <li>Prevention Plan examples</li> </ul>	Draft due
8	11-15 March	<ul style="list-style-type: none"> <li>Investigation Report research</li> </ul>	
9	18-22 March GC24 - Thursday	<ul style="list-style-type: none"> <li>Investigation Report Due</li> </ul>	Investigation Report – Lesson 1
10	25-29 March Good Friday PH	<b>Exam Block</b>	
<b>School holidays: Friday March 29 - Sunday April 14</b>			

### Term 2

Week	Date	Topics	Assessment
1	15-19 April Cross Country - Wed	<ul style="list-style-type: none"> <li>Overview of Unit – Event Management</li> </ul>	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> <li>Sport and recreation role within Australian society</li> <li>SWOT analysis</li> </ul>	
3	29 Apr-3 May	<ul style="list-style-type: none"> <li>Participation rates in sports</li> </ul>	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> <li>Role of agencies in promotion of sport and recreation, in the broader community</li> </ul>	
5	13-17 May	<ul style="list-style-type: none"> <li>Guest Speaker on Managing Events and logistics</li> </ul>	
6	20-24 May	<ul style="list-style-type: none"> <li>Planning your sporting event</li> </ul>	
7	27-31 May	<ul style="list-style-type: none"> <li>Planning your sporting event</li> </ul>	
8	3-7 June	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	Project – Lesson 3
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	
<b>School holidays: Saturday June 22 - Sunday July 7</b>			

### Term 3

Week	Date	Topics	Assessment
1	8-12 July	<ul style="list-style-type: none"> <li>Event Management- Group delivery/Interview</li> </ul>	
2	15-19 July	<ul style="list-style-type: none"> <li>Module 8: Strength and Conditioning</li> <li>Training programs</li> </ul>	
3	22-26 July GC24 - Thursday	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Methods of training</li> </ul>	
4	29 Jul- 2 Aug	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Muscle groups</li> <li>Implementation of training program</li> </ul>	
5	5-9 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	12-16 August GC24 Finals – Wed.	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Implementation of training program</li> </ul>	
7	19-23 August	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> <li>Evaluation</li> </ul>	Performance
8	26-30 August	<ul style="list-style-type: none"> <li>Strength and Conditioning</li> </ul>	Performance
9	2-6 September	<b>MOCK EXAMS</b>	
10	9-13 September	<b>MOCK EXAMS</b>	
<b>School holidays: Saturday September 14 – Sunday September 29</b>			

### Term 4

Week	Date	Topics	Assessment
1	30 Sept – 4 Oct	<ul style="list-style-type: none"> <li>Strength training</li> </ul>	
2	7-11 October King's B'day PH - Monday	<ul style="list-style-type: none"> <li>Strength training</li> </ul>	
3	14-18 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	21 - 25 October	<b>EXTERNAL EXAMS</b>	<b>External Assessment: Unit 3 and 4</b>
5	28 Oct – 1 Nov		
6	4-8 November		
7	11-15 November	<b>Final Week Events</b>	