

**Varsity College
Year 10 HPE 2025
Term 1**

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> Introduction to Physical Activity in Australia – unit outline Touch Football check-in 	
2	3-7 February	<ul style="list-style-type: none"> Sport participation rates in Australia Touch Football skill development 	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> Barriers and enablers in sport Touch Football skill development 	
4	17-21 February	<ul style="list-style-type: none"> Project: Participation and performance in Touch Football 	
5	24-28 February	<ul style="list-style-type: none"> Project: Participation and performance in Touch Football Introduction to motor learning Badminton skill development 	Project (2-3mins) – Lesson 2
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> Cognitive v Dynamic Systems, Badminton tactics 	
7	10-14 March	<ul style="list-style-type: none"> Fair play and teamwork, Badminton tactics 	
8	17-21 March	<ul style="list-style-type: none"> Badminton Videoing – collecting primary data 	
9	24-28 March	<ul style="list-style-type: none"> Badminton Performance – Highlights reel 	Performance Badminton Highlights Reel (2-3mins) – Lesson 2
10	31 March - 4 April	<ul style="list-style-type: none"> Cross Country preparation 	
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"> Check – in / review and reflect typical Aussie / Australia Sport Community fitness – what it looks like on the GC Games and Sport 1 Invasion – gain and maintain possession 	
2	28 April-2 May	<ul style="list-style-type: none"> Indicators of Health BMI & Waist (and their Pro's and Con's) Community health activity 1 – Circuits Games and Sport 2 Net/Wall – place the ball away from opponent 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> Australia's Physical Activity and Sedentary Behaviour Guide / Survey Community health activity 2 – Boxercise Games and Sport 3 – Striking/Fielding Hit the ball away from the opposition 	
4	12-16 May	<ul style="list-style-type: none"> Group activity – Enhancing the health and wellbeing of the community Community health activity 3 – VC Park Run Games and Sport 4 – Target – accuracy & analysis (video analysis) 	
5	19-23 May	<ul style="list-style-type: none"> Investigating Community Health Programs Community health activity 4 – YOGA 	
6	26-30 May	<ul style="list-style-type: none"> Creating a VC Community Health Program 	Project – Lesson 3
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> Group project delivery 	
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> Group project delivery 	
9	16-20 June	<ul style="list-style-type: none"> Group project delivery 	
10	23-27 June	<ul style="list-style-type: none"> Exam Block 	
School holidays: Saturday June 28 - Sunday July 13			

