

Year 11 Sport and Recreation

Work rate calendar (WRC) 2025

Term 1

All students are expected to participate in all online lessons and complete all assessment as outlined in this **Work rate calendar**.

Teachers may adjust topics, class work, assessment and submission dates. Adjustments will be communicated via QLearn or during lessons.

Assessment						
Supervised assessment		Summative exams are to be supervised by the student's official exam supervisor.				
Non-supervised assessment		Students must sign declaration of academic integrity.				
Week	Dates	Unit	Topic	Class work / Assessment to be submitted		
1	27 Jan – 31 Jan	Unit H1: Fitness for sport and recreation	Monday 27 January — Australia Day Holiday			
			Unit introduction			
			Introduction to Fitness and the Australian guidelines for PA			
			View WRC Term 1 and FA1			
			Practical: Continuous training			
			2	3 Feb – 7 Feb	Fitness components	
			Practical: Pre-fitness testing- sessions 2 and 3			
			3	10 Feb – 14 Feb	Friday 14 February — Senior orientation day: Years 10–12	
			Fitness components (continued)			
			Practical: Tabata training			
4	17 Feb – 21 Feb	Training methodology				
Practical: HITT/LITT Training						
5	24 Feb – 28 Feb	Training principles/FITT training				
Practical: Plyometric training						
6	3 Mar – 7 Mar	Training sessions				
Practical: Pilates						
7	10 Mar – 14 Mar	Assessment drafting				
View A Standard exemplar						
Practical: Assessment choice						
8	17 Mar – 21 Mar	Assessment DUE				
Teacher/student verbal and written feedback discussions						
9	24 Mar – 28 Mar	Exams: Year 11				
Monday 24 March – Friday 28 March						
10	31 Mar – 4 Apr	Thursday 3 April — Cross country / Fun run: Prep – Year 12				
Unit reflection						
View results, feedback, goal setting and check in						

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Term 2

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Assessment					
Supervised assessment		Summative exams are to be supervised by the student's official exam supervisor.			
Non-supervised assessment		Students must sign declaration of academic integrity.			
Week	Dates	Unit	Topic	Class work / Assessment to be submitted	
1	21 Apr – 25 Apr	Unit H2: Fitness for sport and recreation	Monday 21 April — Easter Monday		
			Tuesday 22 April – Thursday 24 April — School camp: Year 11		
			Friday 25 April — Anzac Day		
			Unit Introduction		
			Introduction to Ultimate frisbee/ disc golf rules		
			View WRC Term 2 and FA2		
2	28 Apr – 2 May			Traditional vs non-traditional sport and recreational activities	
				Practical: Ultimate frisbee crocodile catch and backhand	
3	5 May – 9 May			Monday 5 May — Labour Day	
				Barriers/ Enablers to Adolescent Participation	
			Practical: Ultimate frisbee forehand and overhead		
4	12 May – 16 May		Mini research task: Local sport/recreation activities available in our communities		
			Practical: Ultimate frisbee marking, pivoting, cutting and space		
5	19 May – 23 May		2032 Olympic and Paralympic games community analysis		
			Practical: Disc golf- Create your own course		
6	26 May – 30 May		Case study: Pakour/Pickleball/ NERF Wars		
			Practical: Disc golf- Create your own course		
7	2 Jun – 6 Jun		Assessment	FA2 Draft, 12pm Midday	
			View A standard exemplar		
8	9 Jun – 13 Jun		Assessment drafting		
			Teacher/student verbal and written feedback discussions		
9	16 Jun – 20 Jun		Assessment DUE	FA2 FINAL, 12pm Midday	
10	23 Jun – 27 Jun		Thursday 26 June — Senior formal: Year 12		
			Friday 27 June — Athletics carnival / Sports day: Prep – Year 12		
			Unit reflection		
			View results, feedback, goal setting and check in		

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Term 3

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Teachers may adjust topics, class work, assessment and submission dates. Adjustments will be communicated via QLearn or during lessons.

Assessment				
Supervised assessment		Summative exams are to be supervised by the student's official exam supervisor.		
Non-supervised assessment		Students must sign declaration of academic integrity.		
Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	14 Jul – 18 Jul	Unit 2A: Coaching and Officiating	Unit introduction Introduction to Sport coaching and coaching styles View WRC Term 3 and FA3 Create AIS log in	
2	21 Jul – 25 Jul		Coaching certificate AIS, Community coaching essential skills certificate online https://www.ausport.gov.au/coaching/community/education/community-coaching-essential-skills	Checkpoint 1- Part A due
3	28 Jul – 1 Aug		Esports Introduction to Skills/ gameplay	Download E-sports game
4	4 Aug – 8 Aug		E-sports gameplay	
5	11 Aug – 15 Aug		Wednesday 13 August — Royal Queensland (Ekka) Show Holiday E-Sports gameplay	
6	18 Aug – 22 Aug		E-Sports coaching E-sport coaches/ Types of feedback	
7	25 Aug – 29 Aug		Assessment drafting View A standard exemplar	Checkpoint 2- Part B due
8	1 Sept – 5 Sept		Mock exams: Year 12 Monday 1 September – Thursday 4 September Friday 5 September — Student free day Assessment editing Teacher/student verbal and written feedback discussions	FA3 Draft, 12pm Midday
9	8 Sept – 12 Sept		Mock exams: Year 12 Monday 8 September – Friday 12 September Assessment DUE	FA3 FINAL, 12pm Midday
10	15 Sept – 19 Sept		Exams: Year 11 Monday 15 September – Friday 19 September Friday 19 September — Connect day: Years 11–12	

Disclaimer: Information contained in this document is correct at time of publishing.

LEGEND	Class work — send-in	Summative assessment	Exam block	School events	Public holidays	Student free day
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Term 4

All students are expected to participate in all online lessons and complete all assessment as outlined in this **Work rate calendar**.

Teachers may adjust topics, class work, assessment and submission dates. Adjustments will be communicated via QLearn or during lessons.

Assessment				
Supervised assessment		Summative exams are to be supervised by the student's official exam supervisor.		
Non-supervised assessment		Students must sign declaration of academic integrity.		
Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	6 Oct – 10 Oct	Unit 2B: Coaching and Officiating	Monday 6 October — King's Birthday Holiday Unit introduction Introduction to Sport officiating and check log-in for AIS account still active View WRC Term 4 and FA4	
2	13 Oct – 17 Oct		Officiating certificate AIS, Communicating officiating essential skills course https://www.ausport.gov.au/officiating/education/essential-skills	Checkpoint 1- Part A due
3	20 Oct – 24 Oct		Risk assessment Importance of risk assessments- use CARA.	
4	27 Oct – 31 Oct		Exams: Year 12 Monday 27 October – Friday 31 October Rules and officiating/referee signals Research sport rules and sport specific officiating/ referee signals and record performance for assessment	
5	3 Nov – 7 Nov		Exams: Year 12 Monday 3 November – Friday 7 November Assessment View A Standard exemplar	
6	10 Nov – 14 Nov		Exams: Year 12 Monday 10 November – Friday 14 November Assessment drafting	FA4 Draft, 12pm Midday
7	17 Nov – 21 Nov		Exams: Year 12 Monday 17 November – Tuesday 18 November Wednesday 19 November — Celebration: Year 12 Thursday 20 November — Graduation: Year 12 Friday 21 November — Final day: Year 12 Friday 21 November — Aquatic carnival: Prep – Year 11 Assessment editing Teacher/student verbal and written feedback discussions	FA4 FINAL, 12pm Midday
8	24 Nov – 28 Nov		Exams: Year 11 Monday 24 November – Friday 28 November Friday 28 November — Final day: Years 10–11	