

Year 12 Sport and Recreation - Nutrition

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 3 ; Sports Nutrition Assessment Project	Monday 28 January — Welcome emails to students: Prep – Year 12 Wednesday 24 January — Learning for success: Prep – Year 12 Commence IA1 – Sports Nutrition Project 26 January — Australia Day Holiday (Monday 27 January) Theory 1 & 2 - 1.1 Introduction to Sports Nutrition Practical 1 - 7 min Scientific Workout	Sports Nutrition Introduction to Sports Nutrition worksheet Front end assessment discussion - Project – Athlete Sports Nutrition
2	3 Feb – 7 Feb		Theory 3 & 4 - Micro and Macro Nutrients Practical - Cardio session and related foods that improve the cardio system 1	Marco and Micro nutrients worksheets
3	10 Feb – 14 Feb		Friday 14 February — Senior orientation day: Years 10–12 Theory 5 & 6 – 1.3 Nutrition and Exercise (1.3) Practical - cardio session and related foods that improve the cardio system 2	Nutrition and Exercise worksheets
4	17 Feb – 21 Feb		Theory 7 – 8 - 1.4 Sports and Nutrition Practical - HITT session and related foods that improve the anaerobic system 1	Sports and Nutrition worksheet
5	24 Feb – 28 Feb		Theory 9 - Part A Investigation Task (IA1) Practical - HITT session and related foods that improve the anaerobic system 2 Part A Investigation Task Due (IA1)	Draft Investigation Task Part A (IA1) Due - Friday 28th Feb, 2025
6	3 Mar – 7 Mar		Theory 10 - Nutrition for Sport/ Meal planning – How to plan athletes for pre- competition, competition day and post meal after competition Theory 11 - Planning Task Part A (IA1) - 2- Day Athlete - Nutrition for your athlete for pre- competition, competition day and post meal after competition. Part B Planning Task Due	Draft Planning Task Part B (IA1) Due - Friday 7th March, 2025
7	10 Mar – 14 Mar		Theory 16 - 17 - Drafting - Evaluation of 2- Day Athlete Plan - Examining nutrition for your athlete for pre- competition, competition day and post meal after competition. Theory 18 - Drafting - Evaluation of 2- Day Athlete Plan - Examining nutrition for your athlete for pre- competition, competition day and post meal after competition Part C Evaluation Task Due	Draft Evaluation Task Part C (IA1) Due - Friday 14th March, 2025
8	17 Mar – 21 Mar		Exams: Year 11 Final Due – Sport Nutrition Assessment Project (IA1) Due – Week 8 (Term 1) – 21 March 2025	Final – Sport Nutrition Assessment (IA1) Due – Week 8 (Term 1) – 21 March 2025
9	24 Mar – 28 Mar	Unit 2: Sports Psychology Performance	Commence IA2 – Sports Psychology Performance Theory 1 & 2 - 1.1 Introduction to Sports Psychology Practical 1 – HITT session investigating the mental effects (completing diary)	Introduction to Sports Nutrition worksheet Front end assessment discussion - Performance – Sports Psychology Assessment
10	31 Mar – 4 Apr		Thursday 3 April — Cross country / Fun run: Prep – BSDE Theory 3 – 1.2 Mental Toughness – Mental 3Rs Practical – Cardio exercises – applying mental toughness (complete Diary)	Mental Toughness Worksheets

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

Year 12 Sport and Recreation - Sports Psychology Performance

Work rate calendar (WRC) 2025

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 2: Sports Psychology Performance	21 April — Good Monday Theory 4 – 1.3 Anxiety, Arousal and focus Practical 3 – Breathing techniques, no music vs music to fitness, feeling energised and positive mood activities Friday 25 April — Anzac Day	Term 2 Commences Tuesday 22 March Anxiety, Arousal and focus worksheet
2	28 Apr – 2 May		Theory 5 & 6 – 1.4 Goal Setting_Motivation_Visualisation PP Practical 4 – Goal setting and motivation of fitness activity – Intensity/ duration/ type focus	Goal setting, motivation Visualisation worksheet
3	5 May –9 May		Monday 6 May — Labour Day Theory 7 - Part A Planning Draft Task (IA2) – PP – Preparing to complete IA2 Assessment – Sport Psychology Practical 5 – Visualisation activities (applying visualisation to improve performance) Part A Planning Task Due	Goal setting, motivation Visualisation worksheet Draft Planning Task Part A (IA2) Due - Friday 9 May, 2025
4	12 May – 16 May		Theory 8 1.6 Pre performance And Self Talk Theory 9 - Part B Investigation Draft Task (IA2) – PP – Preparing to complete IA2 Assessment – Sport Psychology (continued) Practical 6 – Pre performance activity and applying self- talk (sports task) Part B Investigation Task Due	Pre performance And Self Talk worksheets Draft Investigation Task Part B (IA2) Due - Friday 16 May, 2025
5	19 May – 23 May		Theory 9 - Part C Performance Draft Task (IA2) – PP – Preparing to complete IA2 Assessment – Sport Psychology (continued) Part C Performance Task Due	Draft Performance Task Part C (IA2) Due - Friday 23 May, 2025
6	26 May – 30 May	Unit 3: Sports Tournaments Performance	Final Due – Sport Psychology Assessment Performance (IA2)	Final – Sport Psychology Assessment (IA2) Due – Week 6 (Term 2) – 30 May 2025
7	2 Jun – 6 Jun		Commence IA3 – Sports Tournament Performance Theory 1 & 2 - 1.1 Introduction to tournaments/ event organisation Practical 1 – Practical organisational Skills	Introduction to tournaments/ event organisation worksheet
8	9 Jun – 13 Jun		Theory 3 & 4 - 1.2 Types of tournaments, formats and structures of tournaments Practical 2 – Tournament Challenge	Types of tournaments, formats and structures of tournaments worksheet
9	16 Jun – 20 Jun		Theory 5 & 6 – Enterprise and organisational skills used in tournaments Practical 3 – Uno tournament	Enterprise and organisational skills used in tournaments worksheet
10	23 Jun – 27 Jun		Thursday 26 June — Senior formal: Year 12 Wednesday 25 June — Athletics carnival / Sports day: Prep – Year 12 Theory 7 Roles and responsibilities Tournaments	Roles and responsibilities Tournament's worksheet

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Year 12 Sport and Recreation – Sports Tournaments Performance

Work rate calendar (WRC) 2025

Term 3

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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	14 Jul – 18 Jul	Unit 3 : Sports Tournament Performance	Theory 8 & 9 – Allocation of groups and planning your groups tournaments Practical 4 Knock out competition (On line) Poki website	Term 2 Commences Planning Organisation/ Drafting (IA3)
2	21 Jul – 25 Jul		Theory 8 & 9 – Group Drafting – Planning Practical 5 Round Robin competition (On line) Poki Website Part A Planning Task Due	Group Drafting – Planning
3	28 Jul – 1 Aug		Theory 8 & 9 – Group Drafting – Planning (continued) On line Group Tournaments implementation Sports Tournament excursion day (week 3 – 4)	Group Drafting – Planning Part A (IA3) - , Friday 25 July, 2025
4	4 Aug – 8 Aug		Theory 10 & 11 – Group Drafting – Planning (continued) On line Group Tournaments implementation Sports Tournament excursion day (week 3 – 4) Part B Feedback – Performance Completed: Term 1, Week 3, Friday 8 Aug, 2025	Group Performance – Tournament Organisation Excursion/ Class Tournament Tournament Completed by – (IA3) – Friday 8 Aug, 2025
5	11 Aug – 15 Aug		Wednesday 13 August — Royal Queensland (Ekka) Show Holiday Final Due – Sport Tournament Assessment Performance (IA3) Due – Week 5 (Term 3) – 15 Aug 2025	Final – Sport Tournament Assessment (IA3) Due – Week 5 (Term 3) – 15 Aug 2025
6	18 Aug – 22 Aug	Unit 4 : Sports Medicine Project	Commence IA4 – Sports Medicine Project Theory 1 & 2 - 1.1 - Introduction to First Aid and Sports Medicine	Introduction to First Aid and Sports Medicine worksheet
7	25 Aug – 29 Aug		Theory 3 – DRSABCD, Primary and secondary survey Theory 4 – What is Sport Medicine/ TOTAPS/ RICER/ SM Strategies Practical 1 – Practical First Aid/ Applying DRSABCD	DRSABCD, Primary and secondary survey worksheet
8	1 Sept – 5 Sept		Mock exams: Year 12 Monday 2 September – Thursday 4 September Friday 5 September — Student free day	Mock exams: Year 12
9	8 Sept – 12 Sept		Mock exams: Year 12 Monday 8 September – Friday 12 September	Mock exams: Year 12
10	15 Sept – 19 Sept		Theory 5 - Part A Planning Draft Task (IA4) – PP – Preparing to complete IA4 Assessment – Sport Medicine Project Part A Planning Task Due	Planning Task Organisation (IA3) Part A (IA4) Due - Friday 19 September, 2025

Year 12 Sport and Recreation – Sports Medicine

Work rate calendar (WRC) 2024

Term 4

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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	6 Oct – 10 Oct	Unit 4: Sports Medicine Project	Monday 6 October — King's Birthday Holiday Theory 6 – Sports Medicine Prevention Theory 7 – Front End Assessment - Evaluation (IA4) Part B Evaluation Task Due	Term 4 Commences Evaluation Task (IA4) Part B (IA4) Due - Friday 10 October, 2025
2	13 Oct – 17 Oct		Final Due – Sport Medicine Project (IA4) Due – Week 3 (Term 4)– 17 October 2025	Final – Sport Medicine Assessment (IA4) Due – Week 3 (Term 4)– 17 October 2025
3	20 Oct – 24 Oct		Exams: Year 12 Monday 20 October – Friday 24 October	
4	27 Oct – 31 Oct		Exams: Year 12 Monday 27 October – Friday 31 October	
5	3 Nov – 7 Nov		Exams: Year 12 Monday 3 November – Friday 7 November	
6	10 Nov – 14 Nov		Exams: Year 12 Monday 10 November – Wednesday 14 November Thursday 13 November — Graduation: Year 12 Friday 14 November — Final day: Year 12	
7	17 Nov – 21 Nov			
8	24 Nov – 28 Nov			
9	1 Dec – 5 Dec			