

Year 9 HPE

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 1: Physical Fitness	Monday 27 January — Australia Day Holiday Lesson 1: Introduction Lesson Lesson 2 : HPE Préparation & Organisation.. Warm up and cool down introduction Lesson 3: What is Physical Fitness?	
2	3 Feb – 7 Feb		Lesson 1: Benefits of Physical Fitness. Lesson 2: Australian Guidelines to Physical Fitness Lesson 3- Cardio endurance & Interval workout	
3	10 Feb – 14 Feb		Friday 14 February — Senior orientation day: Years 10–12 Lesson 1: Components Of Fitness Lesson 2: Fitness Testing Lesson 3- Fitness Testing	
4	17 Feb – 21 Feb		Lesson 1: Dangers Of Sitting Lesson 2: Introduce Fitness Test Analysis Report Lesson 3: Weight Training & Stretching	
5	24 Feb – 28 Feb		Lesson 1: Improving Physical Fitness & use of the FITT Principle Lesson 2: Circuit Training Session Lesson 3: Leadership Lesson & How to be a fitness trainer	
6	3 Mar – 7 Mar	Unit 1: Physical Fitness	Lesson 1: Training Methods Lesson 2: Fitness Test Analysis report Lesson 3: Design a workout session	
7	10 Mar – 14 Mar		Lesson1: Training Principles Lesson 2: Fitness Test Analysis report Lesson 3: Film & Submit practical assessment draft	Physical Fitness Practical Submission Draft
8	17 Mar – 21 Mar		Lesson 1: Fitness Test Analysis Report Lesson 2: Fitness Test Analysis Report Lesson 3: Fitness Test Analysis Report	Physical Fitness Analysis Report submission
9	24 Mar – 28 Mar		Monday 24 March – Wednesday 26 March — School camp: Years 7–8 Lesson 1: Film and Submit Practical Assessment Lesson 2: Film and Submit Practical Assessment Lesson 3: Film and Submit Practical Assessment	Physical Fitness Practical Submission Final
10	31 Mar – 4 Apr		Thursday 3 April — Cross country / Fun run: Prep – Year 12 Making time to exercise Introduction to the Term 2 practical units Practical lesson: Own choice of physical activity	

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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 2: Community Connections	Monday 21 April — Easter Monday	
			Friday 25 April — Anzac Day	
Physical Activity in Australia Values in Sport Practical lesson: Soccer or Tennis or Invasion Games				
2	28 Apr – 2 May		Influencing Factors to Participation Barriers to participation Practical lesson: Choice of sports from course	
3	5 May – 9 May		Monday 5 May — Labour Day	
			Let's look at the assignment Understanding the assignment Practical lesson: Choice of sports from course	
4	12 May – 16 May		Participation Changes Over Time Participation Rates Over Time Practical lesson: Choice of sports from course	
5	19 May – 23 May		Diversity in Sport Common Attitudes & Beliefs Practical lesson: Choice of sports from course	
6	26 May – 30 May		Diversity & Inclusion in Sport Development of Strategies Practical lesson: Video & submit practical assessment draft	Practical Submission Draft
7	2 Jun – 6 Jun		In-class assignment preparation Assignment preparation Practical lesson: Refine practical video submission	Community Connections essay Final Submission
8	9 Jun – 13 Jun	Interactive Scenarios Practical lesson: Edit & submit final video submission	Practical Submission Final	
9	16 Jun – 20 Jun	Diversity & Inclusion Quiz Practical lesson: Choice of sports from course		
10	23 Jun – 27 Jun	Friday 27 June — Athletics carnival / Sports day: Prep – Year 12		
		Community Connection & Invasion Games Quiz Practical lesson: Own choice of physical activity		

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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 1: Physical Fitness	Lesson 1: Introduction Lesson Lesson 2 : HPE Préparation & Organisation.. Warm up and cool down introduction Lesson 3: What is Physical Fitness?	
2	21 Jul – 25 Jul		Lesson 1: Benefits of Physical Fitness. Lesson 2: Australian Guidelines to Physical Fitness Lesson 3- Cardio endurance & Interval workout	
3	28 Jul – 1 Aug		Wednesday 30 July — SET plan meetings: Year 10 Lesson 1: Components Of Fitness Lesson 2: Fitness Testing Lesson 3- Fitness Testing	
4	4 Aug – 8 Aug		Lesson 1: Dangers Of Sitting Lesson 2: Introduce Fitness Test Analysis Report Lesson 3: Weight Training & Stretching	
5	11 Aug – 15 Aug		Wednesday 13 August — Royal Queensland (Ekka) Show Holiday Lesson 1: Improving Physical Fitness & use of the FITT Principle Lesson 2: Circuit Training Session Lesson 3: Leadership Lesson & How to be a fitness trainer	
6	18 Aug – 22 Aug	Unit 1: Physical Fitness	Lesson 1: Training Methods Lesson 2: Fitness Test Analysis report Lesson 3: Design a workout session	
7	25 Aug – 29 Aug		Lesson1: Training Principles Lesson 2: Fitness Test Analysis report Lesson 3: Film & Submit practical assessment draft	Physical Fitness Practical Submission Draft
8	1 Sept – 5 Sept		Friday 5 September — Student free day Lesson 1: Fitness Test Analysis Report Lesson 2: Fitness Test Analysis Report Lesson 3: Fitness Test Analysis Report	Physical Fitness Analysis Report submission
9	8 Sept – 12 Sept		Friday 12 September — Connect day: Years 7–8 Lesson 1: Film and Submit Practical Assessment Lesson 2: Film and Submit Practical Assessment Lesson 3: Film and Submit Practical Assessment	Physical Fitness Practical Submission Final
10	15 Sept – 19 Sept		Wednesday 17 September — Connect day: Years 9–10 Making time to exercise Introduction to the Term 2 practical units Practical lesson: Own choice of physical activity	

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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 2: Community Connections	Monday 6 October — King's Birthday Holiday Physical Activity in Australia Values in Sport Practical lesson: Soccer or Tennis or Invasion Games	
2	13 Oct – 17 Oct		Influencing Factors to Participation Barriers to participation Practical lesson: Choice of sports from course	
3	20 Oct – 24 Oct		Let's look at the assignment Understanding the assignment Practical lesson: Choice of sports from course	
4	27 Oct – 31 Oct		Participation Changes Over Time Participation Rates Over Time Practical lesson: Choice of sports from course	
5	3 Nov – 7 Nov		Diversity in Sport Common Attitudes & Beliefs Practical lesson: Choice of sports from course	
6	10 Nov – 14 Nov	Unit 2: Community Connections	Diversity & Inclusion in Sport Development of Strategies Practical lesson: Video & submit practical assessment draft	Practical Submission Draft
7	17 Nov – 21 Nov		Friday 21 November — Aquatic carnival: Prep – Year 11 In-class assignment preparation Assignment preparation Practical lesson: Refine practical video submission	Community Connections essay Final Submission
8	24 Nov – 28 Nov		Friday 28 November — STEM Connect day: Years 5–9 Friday 28 November — Final day: Years 10–11 Interactive Scenarios Practical lesson: Edit & submit final video submission	Practical Submission Final
9	1 Dec – 5 Dec		Diversity & Inclusion Quiz Practical lesson: Choice of sports from course	
10	8 Dec – 12 Dec		Community Connection & Invasion Games Quiz Practical lesson: Own choice of physical activity	