

Year 10 Health and Physical Education

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: Nutrition, Exercise and Sleep (Health) Badminton OR Table Tennis (Physical Education)	Monday 27 January — Australia Day Holiday	
			Unit 1 Introduction	
			Organising Badminton/ Table Tennis	
2	3 Feb – 7 Feb		The Nutrients/ Eat to be Healthy	
			Badminton/ Table Tennis Skills	
3	10 Feb – 14 Feb		Friday 14 February — Senior orientation day: Years 10–12	
			The Risks of Poor Nutrition/ Steps to Good Nutrition	
			Badminton/ Table Tennis Skills	
4	17 Feb – 21 Feb		The Benefits of Exercise/ Physical Inactivity & Sedentary Behaviour	
			Badminton/ Table Tennis Skills	
5	24 Feb – 28 Feb		Health Related Components of Fitness/ Teenage Physical Activity	Table Tennis/ Badminton Practical Submission 1 due Friday, February 28
			Badminton/ Table Tennis Skills	
6	3 Mar – 7 Mar		The 'What, How and Why' of Sleep/ Sleep Habits and Routines	
			Badminton/ Table Tennis Skills	
7	10 Mar – 14 Mar		How Nutrition, Exercise and Sleep Impact Overall Health/ Nutrition, Exercise and Sleep Results	
			Badminton/ Table Tennis Coaching Skills	
8	17 Mar – 21 Mar		Nutrition, Exercise and Sleep Report Assessment	
			Badminton/ Table Tennis 1v1 Game Play	
9	24 Mar – 28 Mar		Monday 24 March – Wednesday 26 March — School camp: Years 7–8	Table Tennis/ Badminton Practical Submission 2 due Friday, March 28
			Nutrition, Exercise and Sleep Report Assessment	
			Practice Badminton/ Table Tennis Skills in 1v1 Game Play	
10	31 Mar – 4 Apr		Thursday 3 April — Cross country / Fun run: Prep – Year 12	Nutrition, Exercise and Sleep Report due Monday, March 31
			Nutrition, Exercise and Sleep Report Assessment	
			Practice Badminton/ Table Tennis Skills in 1v1 Game Play	

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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: Drugs and Alcohol (Health) Funky Fitness (Physical Education)	Monday 21 April — Easter Monday	
			Friday 25 April — Anzac Day	
			Unit 2 Introduction	
			Funky Fitness: Jump Rope	
2	28 Apr – 2 May		Effects of Drugs/ Polydrug Use	
			Funky Fitness: Body Combat 1	
3	5 May – 9 May		Monday 5 May — Labour Day	
			Alcohol/ Cannabis and Vaping	
			Funky Fitness: Body Combat 2	
4	12 May – 16 May		Illicit Drugs and the Impact on the Teenage Brain/ Reasons People Use Drugs and Alcohol	
			Funky Fitness: Mobility 1	
5	19 May – 23 May		Decision Making Models/ Harm Minimisation Strategy	
			Funky Fitness: Mobility 2	
6	26 May – 30 May		Analysing Drinkwise and Binge Drinking Campaigns	
			Funky Fitness: Just Dance 1	
7	2 Jun – 6 Jun		Analysing Drinkwise and Binge Drinking Campaigns	
			Funky Fitness: Just Dance 2	
8	9 Jun – 13 Jun		Exam Revision	Funky Fitness Practical Submission due Friday, June 13
			Funky Fitness: Your choice	
9	16 Jun – 20 Jun		Drugs and Alcohol Online Exam	Drugs and Alcohol Online Exam completed by Friday, June 20
			Funky Fitness: Your choice	
10	23 Jun – 27 Jun		Friday 27 June — Athletics carnival / Sports day: Prep – Year 12	
			Addiction Documentary/ Puberty Blues	
			CPR for Life	

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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: Nutrition, Exercise and Sleep (Health) Badminton OR Table Tennis (Physical Education)	Unit 1 Introduction Organising Badminton/ Table Tennis	
2	21 Jul – 25 Jul		The Nutrients/ Eat to be Healthy Badminton/ Table Tennis Skills	
3	28 Jul – 1 Aug		Wednesday 30 July — SET plan meetings: Year 10 The Risks of Poor Nutrition/ Steps to Good Nutrition Badminton/ Table Tennis Skills	
4	4 Aug – 8 Aug		The Benefits of Exercise/ Physical Inactivity & Sedentary Behaviour Badminton/ Table Tennis Skills	
5	11 Aug – 15 Aug		Wednesday 13 August — Royal Queensland (Ekka) Show Holiday Health Related Components of Fitness/ Teenage Physical Activity Badminton/ Table Tennis Skills	Table Tennis/ Badminton Practical Submission 1 due Friday, August 15
6	18 Aug – 22 Aug		The 'What, How and Why' of Sleep/ Sleep Habits and Routines Badminton/ Table Tennis Skills	
7	25 Aug – 29 Aug		How Nutrition, Exercise and Sleep Impact Overall Health/ Nutrition, Exercise and Sleep Results Badminton/ Table Tennis Coaching Skills	
8	1 Sept – 5 Sept		Friday 5 September — Student free day Nutrition, Exercise and Sleep Report Assessment Badminton/ Table Tennis 1v1 Game Play	
9	8 Sept – 12 Sept		Friday 12 September — Connect day: Years 7–8 Nutrition, Exercise and Sleep Report Assessment Practice Badminton/ Table Tennis Skills in 1v1 Game Play	Table Tennis/ Badminton Practical Submission 2 due Friday, September 12
10	15 Sept – 19 Sept		Wednesday 17 September — Connect day: Years 9–10 Nutrition, Exercise and Sleep Report Assessment Practice Badminton/ Table Tennis Skills in 1v1 Game Play	Nutrition, Exercise and Sleep Report due Monday, September 15

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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: Drugs and Alcohol (Health) Funky Fitness (Physical Education)	Monday 6 October — King's Birthday Holiday	
			Unit 2 Introduction	
			Funky Fitness: Jump Rope	
2	13 Oct – 17 Oct		Effects of Drugs/ Polydrug Use	
			Funky Fitness: Body Combat 1	
3	20 Oct – 24 Oct		Alcohol/ Cannabis and Vaping	
			Funky Fitness: Body Combat 2	
4	27 Oct – 31 Oct		Illicit Drugs and the Impact on the Teenage Brain/ Reasons People Use Drugs and Alcohol	
			Funky Fitness: Mobility 1	
5	3 Nov – 7 Nov		Decision Making Models/ Harm Minimisation Strategy	
			Funky Fitness: Mobility 2	
6	10 Nov – 14 Nov		Analysing Drinkwise and Binge Drinking Campaigns	
			Funky Fitness: Just Dance 1	
7	17 Nov – 21 Nov		Friday 21 November — Aquatic carnival: Prep – Year 11	Funky Fitness Practical Submission due Friday, November 21
			Analysing Drinkwise and Binge Drinking Campaigns/ Exam Revision	
			Funky Fitness: Just Dance 2/ Jump Rope	
8	24 Nov – 28 Nov		Friday 28 November — STEM Connect day: Years 5–9	Drugs and Alcohol Online Exam completed by Friday, November 28
			Friday 28 November — Final day: Years 10–11	
			Drugs and Alcohol Online Exam	
			CPR for Life	
9	1 Dec – 5 Dec			
10	8 Dec – 12 Dec			