

Year 7 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: Cultural Understanding & Pilates	Monday 22 January — Welcome calls for students: Prep – Year 12		
			Wednesday 24 January — Learning for success: Prep – Year 12		
			Monday 27 January — Australia Day Holiday		
	Introduction to Unit				
	Converting a PowerPoint to a video				
	Lesson 1 Pilates & Space				
2	3 Feb – 7 Feb			Friday 14 February — Senior orientation day: Years 10–12	
				Dimensions of Health	
				Natural and built environments	
				Lesson 2 Pilates & Space	
3	10 Feb – 14 Feb		Benefits of Nature – part 1		
			Lesson 3 Pilates & Space		
4	17 Feb – 21 Feb		Emotional and Physical Benefits		
			Introduction to theory assignment		
			Lesson 4 Pilates & Space		
5	24 Feb – 28 Feb		Health – Working on Part A Assignment		
			Lesson 5 Pilates & Space	Monday – Pilates Draft Due, by 5pm	
6	3 Mar – 7 Mar		Health – Finishing on Part B Assignment		
			Lesson 6 Pilates & Space		
7	10 Mar – 14 Mar		Respecting Diversity Inclusivity and discrimination		
			Lesson 7 Pilates & Space	Monday– Benefits of Nature Part A Due, by 5pm	
8	17 Mar – 21 Mar		Health – Working on Part B Assignment B		
			Lesson 8 Pilates & Space		
9	24 Mar – 28 Mar		Monday 24 March – Wednesday 26 March — School camp: Years 7–8		
			Persuasive Task – Benefits of Exercise and Nature		
			Lesson 9 Pilates & Space	Monday – Health Benefits of Nature Final Due, by 5pm	
10	31 Mar – 4 Apr		Thursday 3 April — Cross country / Fun run: Prep – Year 12		
			The Petition		
			Pilates Final Session		

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Term 2

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Assessment

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Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	21 Apr – 25 Apr	Unit 1: Approaching Adolescence & Jump Rope	Monday 21 April — Easter Monday	
			Friday 25 April — Anzac Day	
Introduction to Unit				
Organising Jump Rope Lessons				
Lesson 1 Jump Rope				
2	28 Apr – 2 May		General Changes Adolescence	
			Intellectual Changes Adolescence	
			Lesson 2 Jump Rope	
3	5 May – 9 May		Monday 5 May — Labour Day	
			Emotional Changes Adolescence	
		Physical Changes Adolescence		
		Lesson 3 Jump Rope		
4	12 May – 16 May	Monday 5 May — Labour Day		
		Physical Changes Adolescence (continue)		
		Social Changes Adolescence		
		Lesson 4 Jump Rope		
5	19 May – 23 May	Social Media and Influences		
		Adolescent Identity		
		Myths and Misconceptions		
		Lesson 5 Jump Rope	Monday – Jump Rope Draft Due, by 5pm	
6	26 May – 30 May	Assignment Practice		
		Practice POOCH Response 1		
		Practice POOCH Response 2		
		Lesson 6 Jump Rope		
7	2 June – 6 June	Health – Working on Theory Assignment		
		Lesson 7 Jump Rope	Thursday – Health Approaching Adolescence Due, by 5pm	
8	9 Jun – 13 Jun	First Aid – Principles & Myths		
		First Aid DRSABCD	Monday – Jump Rope Final Due, by 5pm	
9	16 Jun – 20 Jun	First Aid – Sprains, Strains & Fractures		
		First Aid – Bruises & R.I.C.E.R		
10	23 Jun – 27 Jun	Friday 27 June — Athletics carnival / Sports day: Prep – Year 12		
		First Aid – Bleeding & Shock		
		First Aid Revision		

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Term 3

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Assessment

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Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	14 Jul – 18 Jul	Unit 1: Physical Fitness	Introduction to Unit	
			Converting a PowerPoint to a video	
Lesson 1 Pilates & Space				
2	21 Jul – 25 Jul		Dimensions of Health	
			Natural and built environments Lesson 2 Pilates & Space	
3	28 Jul – 1 Aug		Wednesday 30 July — SET plan meetings: Year 10	
			Benefits of Nature	
			Benefits of Nature Part 1 & 2 Lesson 3 Pilates & Space	
4	4 Aug – 8 Aug		Research Emotional and Physical Benefits	
			Introduction to Theory Assignment Lesson 4 Pilates & Space	
5	11 Aug – 15 Aug	Wednesday 13 August — Royal Queensland (Ekka) Show Holiday		
		Health – Working on Part A Assignment	Monday – Pilates Draft Due, by 5pm	
		Lesson 5 Pilates & Space		
6	18 Aug – 22 Aug	Health – Finishing Assignment		
		Lesson 6 Pilates & Space		
7	25 Aug – 29 Aug	Respecting Diversity Inclusivity and Discrimination		
		Lesson 7 Pilates & Space	Monday – Benefits of Nature Part A Due, by 5pm	
8	1 Sep – 5 Sep	Friday 5 September — Student free day		
		Health – Working on Part B Assignment		
		Lesson 8 Pilates & Space		
9	8 Sept – 12 Sept	Friday 12 September — Connect day: Years 7–8		
		Persuasive Task – Benefits of Exercise and Nature	Monday – Benefits of Nature Part B & Pilates Final by 5pm	
		Persuasive Task Lesson 9 Pilates		
10	15 Sept – 19 Sept	Wednesday 17 September — Connect day: Years 9–10		
		Petition		
		Pilates Final Session		

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Term 4

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Assessment

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Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	6 Oct – 10 Oct	Unit 2 : Approaching Adolescence & Jump Rope	Introduction to Unit	
			Monday 6 October – Kings Birthday Holiday	
			Organising Jump Rope Lessons Lesson 1 Jump Rope	
2	13 Oct – 17 Oct		General Changes Adolescence	
			Intellectual Changes Adolescence Lesson2 Jump Rope	
3	20 Oct – 24 Oct		Emotional Changes Adolescence	
			Physical Changes Adolescence Lesson 3 Jump Rope	
4	27 Oct – 31 Oct		Monday 5 May — Labour Day	
			Physical Changes Adolescence (continue)	
			Social Changes Adolescence Lesson 4 Jump Rope	
5	3 Nov – 7 Nov	Social Media and Influences		
		Adolescent Identity Myths and Misconceptions Lesson 5 Jump Rope	Monday – Jump Rope Draft Due, by 5pm	
		6	10 Nov – 14 Nov	Assignment Practice
Practice POOCH Response 1 Practice POOCH Response 2 Lesson 6 Jump Rope				
7	17 Nov – 21 Nov			Friday 21 November — Aquatic carnival: Prep – Year 11
		Health – Working on Theory Assignment	Thursday – Health Approaching Adolescence Due, by 5pm	
8	24 Nov – 28 Nov	Friday 28 November — STEM Connect day: Years 5–9		
		Friday 28 November — Final day: Years 10–11		
		First Aid – Principles & Myths	Monday – Jump Rope Final Due, by 5pm	
9	1 Dec– 5 Dec	First Aid DRSABCD		
		First Aid – Sprains, Strains & Fractures		
10	8 Dec – 12 Dec	First Aid – Bruises & R.I.C.E.R		
		Friday 21 June — Athletics carnival / Sports day: Prep – Year 12		
		Unit 2 Positive Relationships and Athletics or Dance:	First Aid – Bleeding & Shock	
			First Aid Revision	