Year 11 Sport and Recreation FA1 Performance: Strength and Conditioning Work rate calendar (WRC) 2024

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.

	sment ised assess	ment Sumr	native exams are to be supervised by the student's official exam sup	pervisor	
Non-supervised assessment Students must sign declaration of academic integrity.					
Veek	Dates	Unit	Торіс	Class work / Assessment to be submitted	
1	22 Jan – 26 Jan	recreation	Monday 22 Jan — Welcome calls for students: Prep – Year 12 Wednesday 24 Jan — Learning for success: Prep – Year 12		
			Friday 26 Jan — Australia Day Holiday		
			Importance of the 'Australian Fitness Guide' Continuous training		
2	29 Jan – 2 Feb	sport and	Fitness components Practical pre-test: Fitness components Sessions 2 & 3		
3	5 Feb – 9 Feb	Unit H1: Fitness for sport and recreation	Friday 9 Feb — Senior orientation day: Years 10–12 Fitness components Tabata training		
4	12 Feb – 16 Feb	Unit H1	Training Methodology HITT Training		
5	19 Feb – 23 Feb	-	Training Principles and FITT Principle Plyometric training		
6	26 Feb – 1 Mar		Training session fundamentals Pilates	Checkpoint 1 Part A, Friday 23 rd January	
7	4 Mar – 8 Mar	port and recreation	Developing athlete session plan – Use session template Flexibility	Checkpoint 2 Part B Draft Video, Friday 1 st March	
8	11 Mar – 15 Mar	rt and re	Videoing Session		
9	18 Mar – 22 Mar	Unit H1: Fitness for spor	Exams: Year 11 Monday 18 March – Friday 22 March Feedback on video – Re-videoing and re-editing session.	FA1 FINAL Friday 22 nd March	
10	25 Mar – 29 Mar	Unit H1: F	Thursday 28 Mar — Cross country / Fun run: Prep – Year 12 Friday 29 Mar — Good Friday		
			Unit Reflection View results, feedback and goal setting Well-being activities		

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

Year 11 Sport and Recreation FA2 Project: Community Sport Work rate calendar (WRC) 2024

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.

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-	vised assess		Summative exams are to be supervised by the student's official exam supervi Students must sign declaration of academic integrity.	sor.
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Neek	Dates	Unit	Торіс	Class work / Assessment to be submitted
1	15 Apr –		Unit Introduction- Sport & Rec Industry	
	19 Apr		View WRC Term 2 and FA2	
			Ultimate frisbee / disc golf rules and introduction	
2	22 Apr –	-	Thursday 25 April — Anzac Day	
	26 Apr	tion	Traditional vs non-traditional sport & recreational	
		reat	activities Ultimate frisbee skills: Crocodile catch and backhand	
		Lec		
3	29 Apr –	and	Barrier/Enablers to Adolescent Participation	
	3 May	ort e	Community recreation benefits	
		ods	Ultimate frisbee throws: forehand and overhead	
4	6 May – 10 May	Unit H2: Fitness for sport and recreation	Monday 6 May — Labour Day	
	TO May	ess	Research: Sport/ recreation activities available in our	
		Lith	Communities? Neighbourhood facilities/programs	
		N	Ultimate frisbee throws: marking, pivoting, cutting and space	
		E E		
5	13 May –	5	5 2032 Olympic and Paralympic Games community	
	17 May		analysis: cost, recruitment, training, venue use post-	
			games Discoult and the second second	
			Disc golf: create your own course	
6	20 May –		Case Study: Parkour/Pickleball /NERF Wars	
	24 May	ç	Ultimate frisbee: basic strategy	
		atio		
7	27 May –	ecre	Assessment Drafting	FA2 DRAFT
	31 May	nd re	Ultimate frisbee: intermediate strategy	Friday 31 st May
8	3 Jun –	ort a	Assessment Editing	
	7 Jun	Unit H2: Fitness for sport and recreation	Ultimate frisbee gameplay	
9	10 Jun –	s for	Monday 10 June – Thursday 13 June — School camp: Year 11	FA2 FINAL
	14 Jun	Jes	Assessment DUE	Friday 14 th June
		Ц	Ultimate frisbee gameplay	
10	17 Jun –	H2:	Thursday 20 June — Senior formal: Year 12	
	21 Jun	nit D	Friday 21 June — Athletics carnival / Sports day: Prep – Year 12	
		D	Wellbeing activities	

Resource:

Ultimate Frisbee lessons: https://d36m266ykvepgv.cloudfront.net/uploads/media/Y6Cs8vYumB/o/820week20lesson20plan.pdf

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Term 2

Term 3

Year 11 Sport and Recreation FA3 – Sports Coaching Performance Work rate calendar (WRC) 2024

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.

Non-su	pervised as	ment Sur sessment Stu	dents must sign declaration of academic integrity.	
	Dates	Unit	Topic	Class work / Assessment to be submitted
1	8 Jul – 12 Jul		Coaching introduction View WRC Term 3 and FA3 Introduction to Sport Coaching and coaching styles	
2	15 Jul – 19 Jul	& Officiating	Coaching certificate AIS Community coaching essential skills https://www.ausport.gov.au/coaching/community/education/community- coaching-essential-skills	
3	22 Jul – 26 Jul	Unit 2A: Coaching & Officiating	Coaching certificate AIS Community coaching essential skills https://www.ausport.gov.au/coaching/community/education/community- coaching-essential-skills	Checkpoint 1 Coaching certificate
4	29 Jul – 2 Aug	C	E-sports E-sports introduction, skills and gameplay	
5	5 Aug – 9 Aug		E-sports Coaching session plan	Checkpoint 2 Coaching session plar
6	12 Aug – 16 Aug		Wednesday 14 August — Royal Queensland (Ekka) Show Holiday Assessment drafting	FA3 Draft 5pm, Fri 16 Nov
7	19 Aug – 23 Aug	â	Assessment editing Teacher/student verbal and written feedback	
8	26 Aug – 30 Aug	ng and Officiating	Mock exams: Year 12 Monday 26 August – Thursday 29 August Friday 30 August — Student free day Assessment DUE	FA3 FINAL 5pm, Fri 30 Aug
9	2 Sept – 6 Sept	Unit 2A: Coaching	Mock exams: Year 12 Monday 2 September – Friday 6 September FA3 Results/reflection	
10	9 Sept – 13 Sept	5	Exams: Year 11 Monday 9 September – Thursday 12 September Friday 13 September — Connect excursion: Years 10–12 Wellbeing activities	



Year 11 Sport and Recreation FA4 – Officiating Project Work rate calendar (WRC) 2024

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.

Non-supervised assessment Students must sign declaration of academic integrity. Week Dates Unit Topic Class work / Assessment to be submitted 1 30 Sept - 4 Oct Unit Topic Class work / Assessment to be submitted 2 7 Oct - 11 Oct Unit Introduction View VRC Term 2. FA2 Introduction to Sport Officialing course https://www.sportaus.gov.au/coaches_and_officials/officials Checkpoint 1 Als General principles officiating course https://www.sportaus.gov.au/coaches_and_officials/officials 3 14 Oct - 18 Oct Als General principles officiating course https://www.sportaus.gov.au/coaches_and_officials/officials Checkpoint 1 Als General principles officiating course https://www.sportaus.gov.au/coaches_and_officials/officials Als General principles officialing course https://www.sportaus.gov.au/coaches_and_officials/officials Checkpoint 1 Als General principles officialing course https://www.sportaus.gov.au/coaches_and_officials/officials Als General principles officialing course https://www.sportaus.gov.au/coaches_and_officials/officials Checkpoint 3 Als General principles officialing course https://www.sportaus.gov.au/coaches_and_officials/officials Checkpoint 3 Practice video submissi Officialing course https://www.sportaus.gov.au/coaches_and_officialing 6 2 Nov Exams: Yoar 12 Monday 21 October - Friday 2 November Assessment drafting FA4 Draft 7 11 Nov - 15 Nov Exams: Yoar 1		Assessment					
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	10						
	11	9 Dec – 13 Dec					