

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.

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	22 Jan – 26 Jan	Unit H1: Fitness for sport and 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		Fitness components Practical pre-test: Fitness components Sessions 2 & 3	
3	5 Feb – 9 Feb		Friday 9 Feb — Senior orientation day: Years 10–12	
			Fitness components Tabata training	
4	12 Feb – 16 Feb		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	Developing athlete session plan – Use session template Flexibility	Checkpoint 2 Part B Draft Video, Friday 1 st March	
8	11 Mar – 15 Mar	Videoing Session		
9	18 Mar – 22 Mar	Exams: Year 11 Monday 18 March – Friday 22 March	FA1 FINAL Friday 22 nd March	
		Feedback on video – Re-videoing and re-editing session.		
10	25 Mar – 29 Mar	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		
		Unit H1: Fitness for sport and recreation		

Year 11 Sport and Recreation

FA2 Project: Community Sport

Work rate calendar (WRC) 2024

Term 2

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Assessment

Supervised assessment Summative exams are to be supervised by the student's official exam supervisor.

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Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	15 Apr – 19 Apr	Unit H2: Fitness for sport and recreation	Unit Introduction- Sport & Rec Industry View WRC Term 2 and FA2 Ultimate frisbee / disc golf rules and introduction	
2	22 Apr – 26 Apr		Thursday 25 April — Anzac Day Traditional vs non-traditional sport & recreational activities Ultimate frisbee skills: Crocodile catch and backhand	
3	29 Apr – 3 May		Barrier/Enablers to Adolescent Participation Community recreation benefits Ultimate frisbee throws: forehand and overhead	
4	6 May – 10 May		Monday 6 May — Labour Day Research: Sport/ recreation activities available in our Communities? Neighbourhood facilities/programs Ultimate frisbee throws: marking, pivoting, cutting and space	
5	13 May – 17 May		2032 Olympic and Paralympic Games community analysis: cost, recruitment, training, venue use post-games Disc golf: create your own course	
6	20 May – 24 May	Unit H2: Fitness for sport and recreation	Case Study: Parkour/Pickleball /NERF Wars Ultimate frisbee: basic strategy	
7	27 May – 31 May		Assessment Drafting Ultimate frisbee: intermediate strategy	FA2 DRAFT Friday 31 st May
8	3 Jun – 7 Jun		Assessment Editing Ultimate frisbee gameplay	
9	10 Jun – 14 Jun		Monday 10 June – Thursday 13 June — School camp: Year 11 Assessment DUE Ultimate frisbee gameplay	FA2 FINAL Friday 14 th June
10	17 Jun – 21 Jun		Thursday 20 June — Senior formal: Year 12 Friday 21 June — Athletics carnival / Sports day: Prep – Year 12 Wellbeing activities	

Resource:

Ultimate Frisbee lessons: <https://d36m266ykevpgv.cloudfront.net/uploads/media/Y6Cs8vYumB/o/820week20lesson20plan.pdf>

Year 11 Sport and Recreation

FA3 – Sports Coaching Performance

Work rate calendar (WRC) 2024

Term 3

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.

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Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	8 Jul – 12 Jul	Unit 2A: Coaching & Officiating	Coaching introduction View WRC Term 3 and FA3 Introduction to Sport Coaching and coaching styles	
2	15 Jul – 19 Jul		Coaching certificate AIS Community coaching essential skills https://www.ausport.gov.au/coaching/community/education/community-coaching-essential-skills	
3	22 Jul – 26 Jul		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		E-sports E-sports introduction, skills and gameplay	
5	5 Aug – 9 Aug		E-sports Coaching session plan	Checkpoint 2 Coaching session plan
6	12 Aug – 16 Aug	Unit 2A: Coaching and Officiating	Wednesday 14 August — Royal Queensland (Ekka) Show Holiday Assessment drafting	FA3 Draft 5pm, Fri 16 Nov
7	19 Aug – 23 Aug		Assessment editing Teacher/student verbal and written feedback	
8	26 Aug – 30 Aug		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		Mock exams: Year 12 Monday 2 September – Friday 6 September FA3 Results/reflection	
10	9 Sept – 13 Sept		Exams: Year 11 Monday 9 September – Thursday 12 September Friday 13 September — Connect excursion: Years 10–12 Wellbeing activities	

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

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.

Assessment

Supervised assessment Summative exams are to be supervised by the student's official exam supervisor.

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Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	30 Sept – 4 Oct	Unit 2B: Coaching and officiating	Unit Introduction View WRC Term 2. FA2 Introduction to Sport Officiating Create log on: AIS General principles officiating course https://www.sportaus.gov.au/coaches_and_officials/officials	
2	7 Oct – 11 Oct		Monday 7 October — King's Birthday Holiday Officiating certificate AIS General principles officiating course https://www.sportaus.gov.au/coaches_and_officials/officials	
3	14 Oct – 18 Oct		Officiating certificate AIS General principles officiating course https://www.sportaus.gov.au/coaches_and_officials/officials	Checkpoint 1 AIS General principles officiating course
4	21 Oct – 25 Oct		Exams: Year 12 Monday 21 October – Friday 25 October Risk assessment Introduction and sport specific risk assessment	Checkpoint 2 Identify official/referee role and Sport risk assessment
5	28 Oct – 1 Nov		Exams: Year 12 Monday 28 October – Friday 1 November Officiating/Referee Signals Introduction to sport specific referee signals/officiating Research sport specific referee signals/officiating	Checkpoint 3 Practice video submission
6	4 Nov – 8 Nov	Unit 2B: Coaching and officiating	Exams: Year 12 Monday 4 November – Friday 8 November Assessment drafting	FA4 Draft Full and complete draft due 12pm, Fri 8Nov
7	11 Nov – 15 Nov		Exams: Year 12 Monday 11 November – Wednesday 13 November Thursday 14 November — Graduation: Year 12 Friday 15 November — Final day: Year 12 Assessment editing Teacher/student assessment feedback conversations	FA4 FINAL Full and complete final due 12pm, Fri 15 th Nov
8	18 Nov – 22 Nov		Exams: Year 11 Monday 18 November – Friday 22 November Friday 22 November — Aquatic carnival: Prep – Year 11 Friday 22 November — Final day: Years 10–11	
9	25 Nov – 29 Nov			
10	3 Dec – 6 Dec			
11	9 Dec – 13 Dec			

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LEGEND	Class work — send-in	Summative assessment	Exam block	School events	Public holidays	Student free day
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