

Year 12 Sport and Recreation

Work rate calendar (WRC) 2023

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 make minor amendments to topics or adjust the class work or assessment to be submitted. Announcements about any of these minor adjustments will be through the online course or during lessons.

Assessment

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

Non-supervised assessment Students are required to confirm that all non-supervised assessment is their own work by signing the declaration on the front of the task sheet.

Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	23 Jan – 27 Jan	Unit 5: Skill Strength and Condition Course	Monday 22 January – Course Orientation – Getting Organized, Subject Overview 'Sport and Recreation' Year 12 and FA5 Unit 5 – Skill Strength and Conditioning Course Thursday 26 January — Australia Day Holiday	Course Overview FA5 Overview – Skill Strength and Conditioning Course Overview IA1 Skills Fitness Assessment Planning/ Performance (video)/ Evaluation/ Recommendations Video – Session/ Voice Over - Evaluation/ Recommendations
2	30 Jan – 3 Feb		Introduction to Skill Strength and Conditioning overview	
3	6 Feb – 10 Feb		Practical – Fitness Tests / Theory – Components of fitness and Performance – Introduction to Skill fitness sessions	
4	13 Feb – 17 Feb		Theory – Fitness Session Design and Performance - Review of fitness Testing – Health and skill related Practical – Fitness Tests (continued) Practical – Cardio Session/ Soccer	
5	20 Feb – 24 Feb		Theory – Fitness session Planning Practical – Circuit Session/ HITT	Theory – Part A Planning for Skill Fitness Session Skill Fitness Session Planning Due – Week 5 Friday 23 Feb 2023
6	27 Feb – 3 Mar		Unit 6 Sports	Commence Videoing – Planning for Skill Fitness Session 1 and 2 Practical – Power/ speed – Touch football

Legend

Week	Dates	Unit	Topic	Term 1 – Assessment to be submitted
7	6 Mar – 10 Mar		Theory – Part B – Evaluation/ Recommendation discussion	Theory – Part B Evaluation/ Recommendation Due Friday Week 7 Friday 8 March 2023
8	13 Mar – 17 Mar		Assessment Due – IA1 Due – 15 March	Theory – IA1 - Final – Planning – Skill Fitness Planning Video and Evaluation/ Recommendation Complete Video – Skill Fitness session with Evaluation Recommendation voice over
Legend				
9	20 Mar – 24 Mar		FA7 Sport Tournaments/ Event Organisation Commences Monday 19 March 'Sport and Recreation' Year 12 and FA6 Unit 6 Sports Event Organisation Course	IA2 Term 2 - Overview – Skill Sports Event Organization Course Overview FA6 Sports Tournament/ Event Organization Report Planning/ running Event Evaluation/ Recommendation Due 24 Mar 24
10	27 Mar – 31 Mar		Introduction to Tournament/ Event Organization Course Practical – 5 min Presentation Challenge	Theory – Introduction to Tournament/ Event Organisation

Legend

Year 12 Sport and Recreation

Work rate calendar (WRC) 2023

Term 2

All students are expected to participate in all online lessons and complete all assessment as outlined in this **Work rate calendar**.

Teachers may make minor amendments to topics or adjust the class work or assessment to be submitted. Announcements about any of these minor adjustments will be through the online course or during lessons.

Assessment

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

Non-supervised assessment Students are required to confirm that all non-supervised assessment is their own work by signing the declaration on the front of the task sheet.

Week	Dates	Unit	Topic	Term 2 - Assessment to be submitted
1	17 Apr – 21 Apr	Unit 6 Sports Tournament/ Event Organisation	Types of Tournaments/ Enterprise and organizational skills Practical – Mini tournaments	Term 2 Commences
2	24 Apr – 28 Apr		Tuesday 25 April — Anzac Day Theory – Roles and responsibility Practical – Teacher run Tournament	
3	1 May – 5 May		Monday 1 May — Labour Day Theory – Designing the tournament – Planning the tournament with your group Practical – Student run on line tournament – on line – practice	
4	8 May – 12 May		Theory – Continue Designing the tournament – Planning the tournament with your group Practical – Incursion Day – Group runs tournament at school -Thursday 7 May 24	IA2 - Part A Tournament Organisation Planning Activity: Term 2 Week 4, Tuesday 7 May 2024 IA2 - Part B Complete tournament (On Campus Activity) : Term 2 Week 4, Thursday 7 May 2024
5	15 May – 19 May		Theory – Commence tournament Evaluation and recommendations – completed individually	IA3 - Part C Evaluation/ Recommendation Draft: Term 2 Week 5 Friday 17 May 2024
6	22 May – 26 May		Theory –IA2 Final Due Week 6 Friday 24 May 2023 Assessment Due – IA2	Theory – Final – Planning – Tournament Tournament Feedback/ Personal event Organization Evaluation / Recommendation
Legend				
7	29 May – 2 Jun	Unit 7 Recreation / Sports	IA3 Sport / Recreation Skill Assessment Monday 27 March 24 'Sport and Recreation' Skill Acquisition Year 12 Unit commences Theory - Introduction to Skill Acquisition Practical – 5 min fitness session challenge	IA2 Term 3 - Sports/ recreation Skill Acquisition Unit IA3 Assessment – a) Analysis of three Sports/ Recreation Skills/ b) Video demonstration/ Evaluate skills and c) make recommendations to improve focused abilities.



8	5 Jun – 9 Jun		Theory – Characteristics of skilled performer Practical – Table Tennis/ Badminton skill	Term 2 – Continued
9	12 Jun – 16 Jun		Theory – How to analyse sports/ Rec skills Practical – Soccer skills	
10	19 Jun – 23 Jun		Friday 23 June — Athletics carnival / Sports day: Prep – Year 12 Theory – How to construct a skills analysis video Practical – Touch/ Tennis skills	

Year 12 Sport and Recreation

Work rate calendar (WRC) 2023

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 make minor amendments to topics or adjust the class work or assessment to be submitted. Announcements about any of these minor adjustments will be through the online course or during lessons.

Assessment

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

Non-supervised assessment Students are required to confirm that all non-supervised assessment is their own work by signing the declaration on the front of the task sheet.

Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	10 Jul – 14 Jul	Unit 7 Sports/ Recreation	Theory – Commence selecting selected sports/ recreation activity and breaking down the 3 focused skills Practical – Netball/ Basketball skills	Term 3 Commences IA3 – Due Friday 12 July 24 Part A Planning – Analyzing Skill components of sport/ recreation activity
2	17 Jul – 21 Jul		Theory – Commence on building video – demonstrating the 3 skills and errors of skill. Practical – Demonstration of building video – Exemplar	
3	24 Jul – 28 Jul		Theory – Continuing to completing Video	IA3 – Due 19 July 26 - Part B Skill Analysis demonstration Video Complete
4	31 Jul – 4 Aug		Theory – Commence Evaluation/ recommendation Part C – use scaffolding to complete task (continued) Practical – Demonstration Exemplar of evaluation/ recommendation	
5	7 Aug – 11 Aug		Theory – Commence the full task including Evaluation/ recommendation Part C – use scaffolding to complete	Part C Evaluation/ Recommendation Draft: Term 3, Week 3, Friday 9 August 2024

6	14 Aug – 18 Aug	Unit 8 First Aid/ Sports Medicine	Theory – Analysis of skills – Skill Video – Evaluation/ recommendation	Term 3 (continued) – Final Assessment Due: Term 3, Week 4, 16 August 2023 Final Assessment – Video - Warm up, 3 skills demonstration, Evaluation
Due IA3 - 16 August 24				
Legend				
7	21 Aug – 25 Aug	Unit 8 First Aid/ Sports Medicine	IA4 Theory First Aid/ Sports Medicine Commences Monday 20 March 'Sport and Recreation' Year 12 First Aid/ Sports Medicine Course Theory – Introduction – Why first aid and what is sports medicine?	IA4 Overview – First Aid/ Sports Medicine Course Overview IA4 First Aid/ Sports Medicine Assessment – Due 11 October
8	28 Aug – 1 Sep		Theory – Primary and Secondary Survey Practical – Resuscitation Practical	
9	4 Sep – 8 Sep		Theory - What is sports medicine Practical – Sports Medicine – Dealing with injuries	
10	11 Sep – 15 Sep		Theory – Strategies of sports medicine	Part A/ B Planning completion: Term 4 Week 4, 13 September 2024

Year 12 Sport and Recreation

Work rate calendar (WRC) 2023 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 make minor amendments to topics or adjust the class work or assessment to be submitted. Announcements about any of these minor adjustments will be through the online course or during lessons.

Assessment	
Supervised assessment	Summative exams are to be supervised by the student's official exam supervisor.
Non-supervised assessment	Students are required to confirm that all non-supervised assessment is their own work by signing the declaration on the front of the task sheet.

Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	2 Oct – 6 Oct	Unit 8 First Aid/ Sport Medicine	Monday 2 October — King's Birthday Holiday Theory – Injury prevention	Part B Video Complete/ Recommendation planning: Term 4 Week 4, 4 October 2023
2	9 Oct – 13 Oct		Theory – IA4 Final Due Week 2 Friday 11 October 2023 Assessment Due	Final Assessment Due: Term 4 Week 3, 11 October 2023 Theory – Sports Medicine Scenario/ video with evaluation
3	16 Oct – 20 Oct		Sport and Recreation Course Completion – Week 3 Friday 18 October 2023	
Legend				

4	23 Oct – 27 Oct		
5	30 Oct – 3 Nov		
6	6 Nov – 10 Nov		
7	13 Nov – 17 Nov		
8	20 Nov – 24 Nov		
9	27 Nov – 1 Dec		
10	4 Dec – 8 Dec		

Class work — send-in	Send-in information	Summative Assessment	Assessment information
School holidays	Saturday 9 December 2022 to Sunday 21 January 2024	Public holidays	Monday 2 October — King's Birthday Holiday
School events	For example, connect days, athletics, swimming, camps	Teacher information	Staff professional development days / student free days