

Year 9 HPE

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 1: Physical Fitness	Monday 22 January — Welcome calls for students: Prep – Year 12		
			Wednesday 24 January — Learning for success: Prep – Year 12		
			Friday 26 January — Australia Day Holiday		
What is physical fitness?					
Benefits of physical fitness					
Practical lesson: Cardio endurance workout					
2	29 Jan – 2 Feb		Australian Physical Fitness Guidelines		
			Dangers of Sitting		
3	5 Feb – 9 Feb		Practical lesson: Interval Activity session		
			Friday 9 February — Senior orientation day: Years 10–12		
4	12 Feb – 16 Feb	Introduction to Components of Fitness			
		Components of Fitness			
5	19 Feb – 23 Feb	Practical lesson: Weight training and stretching			
		Introduction to Fitness Test Analysis Report			
6	26 Feb – 1 Mar	Fitness Tests			
		Practical lesson: Test your fitness components			
7	4 Mar – 8 Mar	Improving Physical Fitness			
		FITT principle			
8	11 Mar – 15 Mar	Practical lesson: Circuit training session			
		Training Methods			
9	18 Mar – 22 Mar	Methods of training in sport			
		Practical lesson: Design a workout session			
10	25 Mar – 29 Mar	Training Principles	Physical Fitness Practical Submission Draft		
		Applying training principles			
11	11 Mar – 15 Mar	Practical lesson: Video & submit practical assessment draft	Physical Fitness Analysis Report submission		
		Fitness Test Report			
12	18 Mar – 22 Mar	Practical lesson: Refine workout session	Physical Fitness Practical Submission Final		
		Monday 18 March – Wednesday 20 March — School camp: Years 7–8			
13	25 Mar – 29 Mar	Fitness Test Report			
		Practical lesson: Film & submit practical assessment final			
14	25 Mar – 29 Mar	Thursday 28 March — Cross country / Fun run: Prep – Year 12			
		Friday 29 March — Good Friday			
15	25 Mar – 29 Mar	Making time to exercise			
		Introduction to the Term 2 practical units			
16	25 Mar – 29 Mar	Practical lesson: Own choice of physical activity			

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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	15 Apr – 19 Apr	Unit 2: Community Connections	Physical Activity in Australia Values in Sport Practical lesson: Soccer or Tennis or Invasion Games	
2	22 Apr – 26 Apr		Thursday 25 April — Anzac Day Influencing Factors to Participation Barriers to participation Practical lesson: Choice of sports from course	
3	29 Apr – 3 May		Let's look at the assignment Understanding the assignment Practical lesson: Choice of sports from course	
4	6 May – 10 May		Monday 6 May — Labour Day Participation Changes Over Time Participation Rates Over Time Practical lesson: Choice of sports from course	
5	13 May – 17 May		Diversity in Sport Common Attitudes & Beliefs Practical lesson: Choice of sports from course	
6	20 May – 24 May	Unit 2: Community Connections	Diversity & Inclusion in Sport Development of Strategies Practical lesson: Video & submit practical assessment draft	Practical Submission Draft
7	27 May – 31 May		In-class assignment preparation Assignment preparation Practical lesson: Refine practical video submission	Community Connections essay Final Submission
8	3 Jun – 7 Jun		Interactive Scenarios Practical lesson: Edit & submit final video submission	Practical Submission Final
9	10 Jun – 14 Jun		Diversity & Inclusion Quiz Practical lesson: Choice of sports from course	
10	17 Jun – 21 Jun		Friday 21 June — Athletics carnival / Sports day: Prep – Year 12 Community Connection & Invasion Games Quiz Practical lesson: Own choice of physical activity	

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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	8 Jul – 12 Jul	Unit 1: Physical Fitness	What is physical fitness? Benefits of physical fitness Practical lesson: Cardio endurance workout	
2	15 Jul – 19 Jul		Australian Physical Fitness Guidelines Dangers of Sitting Practical lesson: Interval Activity session	
3	22 Jul – 26 Jul		Introduction to Components of Fitness Components of Fitness Practical lesson: Weight training and stretching	
4	29 Jul – 2 Aug		Introduction to Fitness Test Analysis Report Fitness Tests Practical lesson: Test your fitness components	
5	5 Aug – 9 Aug		Improving Physical Fitness FITT principle Practical lesson: Circuit training session	
6	12 Aug – 16 Aug	Unit 1: Physical Fitness	Wednesday 14 August — Royal Queensland (Ekka) Show Holiday Training Methods Methods of training in sport Practical lesson: Design a workout session	
7	19 Aug – 23 Aug		Training Principles Applying training principles Practical lesson: Film & submit practical assessment draft	Physical Fitness Practical Submission Draft
8	26 Aug – 30 Aug		Friday 30 August — Student free day Fitness Test Report Practical lesson: Refine workout session	Physical Fitness Analysis Report submission
9	2 Sept – 6 Sept		Fitness Test Report Practical lesson: Film & submit practical assessment final	Physical Fitness Practical Submission Final
10	9 Sept – 13 Sept		Wednesday 11 September — Connect excursion: Years 7–9 Friday 13 September — Connect excursion: Years 10–12 Making time to exercise Introduction to the Term 2 practical units Practical lesson: Own choice of physical activity	

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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	30 Sept – 4 Oct	Unit 2: Community Connections	Physical Activity in Australia Values in Sport Practical lesson: Choice of sports from course	
2	7 Oct – 11 Oct		Monday 7 October — King's Birthday Holiday Influencing Factors to Participation Barriers to participation Practical lesson: Choice of sports from course	
3	14 Oct – 18 Oct		Monday 14 October – Wednesday 16 October — School camp: Years 9–10 Let's look at the assignment Understanding the assignment Practical lesson: Choice of sports from course	
4	21 Oct – 25 Oct		Participation Changes Over Time Participation Rates Over Time Practical lesson: Choice of sports from course	
5	28 Oct – 1 Nov		Diversity in Sport Common Attitudes & Beliefs Practical lesson: Choice of sports from course	
6	4 Nov – 8 Nov	Unit 2: Community Connections	Diversity & Inclusion in Sport Development of Strategies Practical lesson: Film & video practical assessment draft	
7	11 Nov – 15 Nov		In-class assignment preparation Assignment preparation Practical lesson: Refine practical video submission	
8	18 Nov – 22 Nov		Friday 22 November — Aquatic carnival: Prep – Year 11 Friday 22 November — Final day: Years 10–11 Interactive Scenarios Practical lesson: Edit & submit final video submission	
9	25 Nov – 29 Nov		Diversity & Inclusion Quiz	
10	2 Dec – 6 Dec			
11	9 Dec – 13 Dec		Wednesday 11 December — Connect day: Years 7–9 Community Connection & Invasion Games Quiz Practical lesson: Own choice of physical activity	