

# Year 10 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					
<b>Supervised assessment</b>		Summative exams are to be supervised by the student's official exam supervisor.			
<b>Non-supervised assessment</b>		Students must sign declaration of academic integrity.			
Week	Dates	Unit	Topic	Class work / Assessment to be submitted	
1	22 Jan – 26 Jan	Unit 1: Nutrition, Exercise, Sleep Unit: Badminton OR Table Tennis	Monday 22 January — Welcome calls for students: Prep – Year 12	<Class work>	
			Wednesday 24 January — Learning for success: Prep – Year 12	<Class work information>	
			Friday 26 January — Australia Day Holiday	<Assessment>	
			<b>Unit Overview</b>	<Assessment information>	
			Organising Badminton/Table Tennis		
2	29 Jan – 2 Feb			<b>The Nutrients/Eat to be Healthy</b> Badminton/Table Tennis	
3	5 Feb – 9 Feb			Friday 9 February — Senior orientation day: Years 10–12	
			<b>The Risks of Poor Nutrition/Steps to Good Nutrition</b> Badminton/Table Tennis		
4	12 Feb – 16 Feb			<b>The Benefits of Exercise/Physical Inactivity &amp; Sedentary Behaviour</b> Badminton/Table Tennis	
5	19 Feb – 23 Feb			<b>Components of Fitness/Teenage Physical Fitness</b> Badminton/Table Tennis	Table tennis/Badminton Practical Submission 1
6	26 Feb – 1 Mar		<b>The “What, How &amp; Why” of Sleep/Sleep Habits &amp; Routines</b> Badminton/Table Tennis		
7	4 Mar – 8 Mar		<b>Nutrition, Exercise &amp; Sleep Impact</b> Badminton/Table Tennis- Practise Skills		
8	11 Mar – 15 Mar		<b>Nutrition, Exercise &amp; Sleep Report Assessment</b> Badminton/Table Tennis- Practise Skills & Game Play	Table tennis/Badminton Practical Submission 2	
9	18 Mar – 22 Mar		Monday 18 March – Wednesday 20 March — School camp: Years 7–8	Nutrition, exercise and sleep Report	
		<b>Nutrition, Exercise &amp; Sleep Report Assessment</b> Badminton/Table Tennis- Game Play			
10	25 Mar – 29 Mar		Thursday 28 March — Cross country / Fun run: Prep – Year 12		
			Friday 29 March — Good Friday		
		<b>Organising Unit 2- Funky Fitness</b> Badminton/Table Tennis- Game Play			

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## Term 2

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Assessment				
<b>Supervised assessment</b>		Summative exams are to be supervised by the student's official exam supervisor.		
<b>Non-supervised assessment</b>		Students must sign declaration of academic integrity.		
Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	15 Apr – 19 Apr	Unit 2: Drugs & Alcohol Unit: Funky Fitness	<b>Drugs &amp; Alcohol Unit Introduction</b> Funky Fitness- Jump Rope	<Class work> <Class work information> <Assessment> <Assessment information>
2	22 Apr – 26 Apr		Thursday 25 April — Anzac Day <b>Effects of Drugs/Polydrug Use</b> Funky Fitness- Body Combat	
3	29 Apr – 3 May		<b>Alcohol/Cannabis &amp; Vaping</b> Funky Fitness- Body Combat	
4	6 May – 10 May		Monday 6 May — Labour Day <b>Illicit Drugs/Reason's People Use Drugs &amp; Alcohol</b> Funky Fitness- Mobility	
5	13 May – 17 May		<b>Decision Making Models/Harm Minimisation Strategy</b> Funky Fitness- Mobility	
6	20 May – 24 May		<b>Analysing Drink Wise &amp; Drug Campaigns</b> Funky Fitness- Just Dance	
7	27 May – 31 May		<b>Analysing Drink Wise &amp; Drug Campaigns</b> Funky Fitness- Just Dance	
8	3 Jun – 7 Jun		<b>Exam Revision</b> Funky Fitness- Jump Rope	<b>Funky Fitness</b> Practical Submission 1
9	10 Jun – 14 Jun		<b>Exam</b> Funky Fitness- Student Choice	<b>Drugs &amp; Alcohol</b> Online Exam
10	17 Jun – 21 Jun		Friday 21 June — Athletics carnival / Sports day: Prep – Year 12 <b>Puberty Blues/Addiction Documentary</b>	

# Year 10 HPE

## Work rate calendar (WRC) 2024

### Term 3

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Assessment				
<b>Supervised assessment</b>		Summative exams are to be supervised by the student's official exam supervisor.		
<b>Non-supervised assessment</b>		Students must sign declaration of academic integrity.		
Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	8 Jul – 12 Jul	Unit 1: Nutrition, Exercise & Sleep Unit: Badminton & Table Tennis	<b>Unit Overview</b>	<Class work> <Class work information> <Assessment> <Assessment information>
			Organising Badminton/Table Tennis	
			<b>The Nutrients/Eat to be Healthy</b>	
			Badminton/Table Tennis	
			<b>The Risks of Poor Nutrition/Steps to Good Nutrition</b>	
2	15 Jul – 19 Jul	Unit 1: Nutrition, Exercise & Sleep Unit: Badminton & Table Tennis	Badminton/Table Tennis	
3	22 Jul – 26 Jul		<b>The Benefits of Exercise/Physical Inactivity &amp; Sedentary Behaviour</b>	
4	29 Jul – 2 Aug		Badminton/Table Tennis	
5	5 Aug – 9 Aug		<b>Components of Fitness/Teenage Physical Fitness</b>	<b>Table tennis/Badminton Practical Submission 1</b>
6	12 Aug – 16 Aug		Unit 1: Nutrition, Exercise & Sleep Unit: Badminton & Table Tennis	Badminton/Table Tennis
Wednesday 14 August — Royal Queensland (Ekka) Show Holiday		<b>The “What, How &amp; Why” of Sleep/Sleep Habits &amp; Routines</b>		
7	19 Aug – 23 Aug	Badminton/Table Tennis		
<b>Nutrition, Exercise &amp; Sleep Impact</b>				
8	26 Aug – 30 Aug	Unit 1: Nutrition, Exercise & Sleep Unit: Badminton & Table Tennis		Badminton/Table Tennis- Practise Skills & Game Play
Friday 30 August — Student free day			<b>Nutrition, Exercise &amp; Sleep Report Assessment</b>	
9	2 Sept – 6 Sept		Badminton/Table Tennis- Game Play	<b>Nutrition, exercise and sleep Report</b>
<b>Nutrition, Exercise &amp; Sleep Report Assessment</b>				
10	9 Sept – 13 Sept		Unit 1: Nutrition, Exercise & Sleep Unit: Badminton & Table Tennis	Badminton/Table Tennis- Game Play
Wednesday 11 September — Connect excursion: Years 7–9		<b>Organising Unit 2- Funky Fitness</b>		
Friday 13 September — Connect excursion: Years 10–12				
<b>Organising Unit 2- Funky Fitness</b>				
Badminton/Table Tennis- Game Play				

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Term 4

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Assessment				
<b>Supervised assessment</b>		Summative exams are to be supervised by the student's official exam supervisor.		
<b>Non-supervised assessment</b>		Students must sign declaration of academic integrity.		
Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	30 Sept – 4 Oct	Unit 2: Drugs & Alcohol Unit: Funky Fitness	<b>Drugs &amp; Alcohol Unit Introduction</b> Funky Fitness- Jump Rope	<Class work> <Class work information> <Assessment> <Assessment information>
2	7 Oct – 11 Oct		Monday 7 October — King's Birthday Holiday <b>Effects of Drugs/Polydrug Use</b> Funky Fitness- Body Combat	
3	14 Oct – 18 Oct		Monday 14 October – Wednesday 16 October — School camp: Years 9–10 <b>Alcohol/Cannabis &amp; Vaping</b> Funky Fitness- Body Combat	
4	21 Oct – 25 Oct		<b>Illicit Drugs/Reason's People Use Drugs &amp; Alcohol</b> Funky Fitness- Mobility	
5	28 Oct – 1 Nov		<b>Decision Making Models/Harm Minimisation Strategy</b> Funky Fitness- Mobility	
6	4 Nov – 8 Nov		<b>Analysing Drink Wise &amp; Drug Campaigns</b> Funky Fitness- Just Dance	
7	11 Nov – 15 Nov	Unit 2: Drugs & Alcohol Unit: Funky Fitness	<b>Exam Revision</b> Funky Fitness- Just Dance/Jump Rope	<b>Funky Fitness</b> Practical Submission 1
8	18 Nov – 22 Nov		Friday 22 November — Aquatic carnival: Prep – Year 11 Friday 22 November — Final day: Years 10–11 <b>EXAM</b>	<b>Drugs &amp; Alcohol</b> Online Exam
9	25 Nov – 29 Nov			
10	7 Dec – 6 Dec			
11	9 Dec – 13 Dec			