

Year 7 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: Cultural Understanding & Pilates	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		
	Introduction to Unit Converting a PowerPoint to a video Lesson 1 Pilates				
2	29 Jan – 2 Feb		Dimensions of health Natural and built environments Lesson 2 Pilates		
3	5 Feb – 9 Feb		Friday 9 February — Senior orientation day: Years 10–12		Benefits of nature – part 1 Benefits of nature – part 2 Lesson 3 Pilates
4	12 Feb – 16 Feb		Research – Emotional and Physical Benefits Introduction to theory assignment/ Pilates Lesson 4 Pilates		
5	19 Feb – 23 Feb		Working on Part A Assignment Lesson 5 Pilates		Pilates Draft Due Monday by 5pm
6	26 Feb – 1 Mar		Working on & finishing Assignment Lesson 6 Pilates		
7	4 Mar – 8 Mar	Respecting Diversity Inclusivity and discrimination Lesson 7 Pilates	Benefits of Nature Part A Due Monday by 5pm		
8	11 Mar – 15 Mar	Working on Part B Assignment Lesson 8 Pilates			
9	18 Mar – 22 Mar	Monday 18 March – Wednesday 20 March — School camp: Years 7–8	Benefits of Nature Part B		
		Persuasive Task – Benefits of exercise and nature Persuasive Task Lesson 9 Pilates	Pilates Final Due Monday by 5pm		
10	25 Mar – 29 Mar	Thursday 28 March — Cross country / Fun run: Prep – Year 12			
		Friday 29 March — Good Friday			
		The Petition Pilates final session			

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

Year 7 HPE

Work rate calendar (WRC) 2024

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 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	15 Apr – 19 Apr	Unit 2: Approaching Adolescence & Jump Rope	Introduction to Unit Organising Jump rope lessons Lesson 1 Jump Rope	
2	22 Apr – 26 Apr		Thursday 25 April — Anzac Day General Changes during Adolescence Intellectual Changes during Adolescence Lesson 2 Jump Rope	
3	29 Apr – 3 May		Emotional Changes during Adolescence Physical Changes during Adolescence Lesson 3 Jump Rope	
4	6 May – 10 May		Monday 6 May — Labour Day Physical Changes continued Social changes during Adolescence Lesson 4 Jump Rope	
5	13 May – 17 May		Adolescent Identity Myths and Misconceptions Lesson 5 Jump Rope	Jump Rope Draft due Monday 13th by 5pm
6	20 May – 24 May		Practice POOCH Response 1 Practice POOCH Response 2 Lesson 6 Jump Rope	
7	27 May – 31 May		Working on Theory Assignment Lesson 7 Jump Rope	Approaching Adolescence due Thursday by 5pm
8	3 Jun – 7 Jun		First Aid – Principles & Myths First Aid DRSABCD	Jump Rope Final due Monday by 5pm
9	10 Jun – 14 Jun		First Aid – Sprains, Strains & Fractures First Aid – Bruises & R.I.C.E.R	
10	17 Jun – 21 Jun		Friday 21 June — Athletics carnival / Sports day: Prep – Year 12 First Aid – Bleeding & Shock First Aid Revision	

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

Year 7 HPE

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.
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: Cultural Understanding & Pilates	Introduction to Unit Converting a PowerPoint to a video Lesson 1 Pilates	
2	15 Jul – 19 Jul		Dimensions of health Natural and built environments Lesson 2 Pilates	
3	22 Jul – 26 Jul		Benefits of nature – part 1 Benefits of nature – part 2 Lesson 3 Pilates	
4	29 Jul – 2 Aug		Research – Emotional and Physical Benefits Introduction to theory assignment/ Pilates Lesson 4 Pilates	
5	5 Aug – 9 Aug		Working on Part A Assignment Lesson 5 Pilates	Pilates Draft Due Monday by 5pm
6	12 Aug – 16 Aug		Wednesday 14 August — Royal Queensland (Ekka) Show Holiday Working on & finishing Assignment Lesson 6 Pilates	
7	19 Aug – 23 Aug		Respecting Diversity Inclusivity and discrimination Lesson 7 Pilates	Benefits of Nature Part A Due Monday by 5pm
8	26 Aug – 30 Aug		Friday 30 August — Student free day Working on Part B Assignment Lesson 8 Pilates	
9	2 Sept – 6 Sept		Persuasive Task – Benefits of exercise and nature Persuasive Task Lesson 9 Pilates	Benefits of Nature Part B Pilates Final Due Monday by 5pm
10	9 Sept – 13 Sept		Wednesday 11 September — Connect excursion: Years 7–9 Friday 13 September — Connect excursion: Years 10–12 The Petition Pilates final session	

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

Year 7 HPE

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.

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: Approaching Adolescence & Jump Rope	Introduction to Unit Organising Jump rope lessons Lesson 1 Jump Rope	
2	7 Oct – 11 Oct		Monday 7 October — King's Birthday Holiday General Changes during Adolescence Intellectual Changes during Adolescence Lesson 2 Jump Rope	
3	14 Oct – 18 Oct		Monday 14 October – Wednesday 16 October — School camp: Years 9–10 Emotional Changes during Adolescence Physical Changes during Adolescence Lesson 3 Jump Rope	
4	21 Oct – 25 Oct		Physical Changes continued Social changes during Adolescence Lesson 4 Jump Rope	
5	28 Oct – 1 Nov		Adolescent Identity Myths and Misconceptions Lesson 5 Jump Rope	Jump Rope Draft due Monday 28th by 5pm
6	4 Nov – 8 Nov		Practice POOCH Response 1 Practice POOCH Response 2 Lesson 6 Jump Rope	
7	11 Nov – 15 Nov		Working on Theory Assignment Lesson 7 Jump Rope	Approaching Adolescence due Thursday by 5pm
8	18 Nov – 22 Nov		Friday 22 November — Aquatic carnival: Prep – Year 11 Friday 22 November — Final day: Years 10–11 First Aid – Principles & Myths First Aid DRSABCD	Jump Rope Final due Monday by 5pm
9	25 Nov – 29 Nov		First Aid – Sprains, Strains & Fractures First Aid – Bruises & R.I.C.E.R	
10	2 Dec – 6 Dec		First Aid – Bleeding & Shock First Aid Revision	
11	9 Dec – 13 Dec		Wednesday 11 December — Connect day: Years 7–9	

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

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