



Week	Week beg	Practical	Theory	School events and public holidays	Assessment Type	Assessment Due Date
1	T14/7	Throughout this unit students will study 4 of the following practical areas: Badminton Grid Iron Water Polo Indoor Sports Athletics Dance Ultimate Disc	Lifestyle Diseases <ul style="list-style-type: none"> Health and Well-being Personal meanings of health Factors that influence health and well-being Diversity and social justice Interrelationship of socio-cultural and environmental factors Identification of lifestyle diseases Health promotion principles 		Homework tasks – written and/or oral Book work	
2	20/7					
3	27/7					
4	3/8					
5	10/8					
6	17/8					
7	24/8					
8	31/8					
9	7/9					
10	14/9	The order of study of the practical areas will be determined by the availability of facilities. All practical assessment is ongoing.				
Mid Semester Vacation						
1 (11)	5/10	See above for details	Implementation and Evaluation of Training Programs <ul style="list-style-type: none"> Review of fitness components – health-related and skill-related Energy systems Movement patterns / games analysis Training principles – specificity, progressive overload, frequency, intensity, duration, variety Training session structure Training methods – continuous, interval, aerobic floor, resistance, circuit, flexibility 	No assessment permitted		Homework tasks – written and/or oral Book work
2 (12)	12/10					
3 (13)	T20/10					
4 (14)	26/10					
5 (15)	2/11					
6 (16)	9/11					
7 (17)	16/11					
8 (18)	23/11					
9 (19)	30/11					
10 (20)	7/12			13/10 Immunisations 15/10 QCAT testing (½ day) 19/10 Pupil-free day 22/10 Yr 9 QCAT testing (½ day) 23/10 Co-curricular photo day – no assessment 29/10 Yr 9 QCAT testing (½ day) 10/11 Yr 12 Block exams begin 16/11 Yr 11 block exams begin 18/11 Yr 12 blocks finish 20/11 Graduation 20/11 Last day for assessment Year 10 25/11 Yr 11 blocks finish 27/11 Last day for assessment Years 8 & 9	Exam	Week beginning 23 rd Nov
Alternative Program for Years 8 & 9 students commences Wednesday 2 December and concludes on Friday 11 th December. Instruction under the supervision of each Faculty will be delivered.						