

Year 12 2017 - Weekly Outline

Term 1

WEEK	TEACH	SACS/EXAM	NOTES
1 Jan 31 - Feb 3	<i>Assessment of Physical Activity and Sedentary Behaviour</i>		
2 Feb 6-10	<i>Assessment of Physical Activity and Sedentary Behaviour</i>		
3 Feb 13-17	<i>Assessment of Physical Activity and Sedentary Behaviour</i>		
4 Feb 20-24	<i>Changing Physical Activity Behaviour: the social-ecological model</i>		SWIMMING SPORTS (21 st)
5 Feb 27 - Mar 3	<i>Changing Physical Activity Behaviour: the social-ecological model</i>		
6 Mar 6 - Mar 10	<i>Promoting Physical Activity</i>		
7 Mar 13-17	<i>Promoting Physical Activity</i>	SAC 1: Unit 3 Outcome 1	LABOUR DAY (13 th)
8 Mar 20-24	<i>Food fuels and the three energy systems</i>		ATHLETICS (20 th)
9 Mar 27-31	<i>Food fuels and the three energy systems</i>		

Term 2

WEEK	TEACH	SACS/EXAM	NOTES
1 Apr 18-21	<i>Food fuels and the three energy systems</i>		CROSS COUNTRY(20 th)
2 Apr 24-28	<i>Fatigue and recovery mechanisms</i>		
3 May 1 - May 5	<i>Fatigue and recovery mechanisms</i>	SAC 2: Unit 3 Outcome 2	
4 May 8-12	<i>Acute responses to exercise</i>		
5 May 15-19	<i>Acute responses to exercise</i>		
6 May 22-26	<i>Acute responses to exercise</i>	SAC 3: Unit 3 Outcome 2	
7 May 29 - June 2	<i>Fitness components used in sport and activities</i>		

8 June 5 - 9	<i>Data collection and activity analysis</i>		
9 June 12-16	<i>Assessment of Fitness</i>		Queen's B'day (12 th) Report Writing (16 th)
10 June 19-23	<i>Fitness training methods and principles</i>		
11 June 26-30	<i>Fitness training methods and principles</i>		

Term 3

WEEK	TEACH	SACS/EXAM	NOTES
1 July 17-21	<i>Fitness training methods and principles</i>		Curriculum Day (11 th)
2 July 24-28	<i>Chronic Training adaptations</i>		
3 July 31 - Aug 4	<i>Chronic Training adaptations</i>	SAC 5: Unit 4 Outcome 1	
4 Aug 7-11	Evaluation of individual program design		
5 Aug 14-18	Evaluation of individual program design	SAC 4: Unit 4 Outcome 1	
6 Aug 21-25	<i>Performance enhancement from a dietary perspective</i>		Curriculum Day (21 th)
7 Aug 28 - Sept 1	<i>Physiological strategies to enhance recovery</i>		
8 Sept 4 -Sept 8	<i>Performance enhancement from a psychological perspective</i>		
9 Sept 11-15	<i>Legal and illegal performance enhancing strategies Anti-doping codes and practices</i>	SAC 6: Unit 4 Outcome 2	
10 Sept 18-22	Revision based classes		

Term 4

WEEK	TEACH	SACS/EXAM	NOTES
1 Oct 9-13	Revision based classes		Practice Exams
2 Oct 16-20	Revision based classes		