

Year 12 2018 - Weekly Outline

Term 1

WEEK	TEACH	SACS/EXAM	NOTES
1 Jan 29 - Feb 2	<i>Chap 1 Movement Skills</i>		Students begin Tues 30th
2 Feb 5-9	<i>Movement Skills</i>		
3 Feb 12-16	<i>Chap2 Biomechanical Principles</i>		Sport (13 th) House Swimming (14 th)
4 Feb 19-23	<i>Biomechanical Principles</i>		
5 Feb 26 - Mar 2	<i>Chap 2&3 Coaching and Instruction</i>		
6 Mar 5 - Mar 9	<i>Chap 3&4 Practice and Feedback</i>		
7 Mar 12-16	<i>Chap 4 Practice and Feedback</i>		LABOUR DAY (12 th)
8 Mar 19-23	<i>Chap 5 Energy Systems and Interplay</i>	SAC 1: Unit 3 Outcome 1	ATHLETICS (20 th)
9 Mar 26-29	<i>Energy Systems and Interplay</i>		Sport (26 th) Good Friday (30 th)

Term 2

WEEK	TEACH	SACS/EXAM	NOTES
1 Apr 16-20	<i>Energy Systems and Interplay</i>		Cross Country(19 th)
2 Apr 23-27	<i>Energy Systems and Interplay</i>		Anzac Day (25 th) Sport (27 th)
3 April 30-May 4	<i>Chap 5&6 Acute Responses</i>	SAC 2: Unit 3 Outcome 2	
4 May 7-11	<i>Acute Responses</i>		
5 May 14-18	<i>Chap 6&7 Activity Analysis</i>		
6 May 21-25	<i>Chap 7 Activity Analysis</i>	SAC 3: Unit 3 Outcome 2	
7 May 28 - June 1	<i>Chap 7&8 Fitness Components</i>		Last week for SACS
8 June 4 - 8	<i>Fitness Components</i>		

9 June 11-15	<i>Chap 9 Fitness Assessment</i>		Queen's B'day (11 th) Report Writing (15 th)
10 June 18-22	<i>Chap 9 Fitness Assessment</i>	SAC 4: Unit 4 Outcome 1	
11 June 25-29	<i>Chap 10 Planning a Training Program</i>		

Term 3

WEEK	TEACH	SACS/EXAM	NOTES
1 July 16-20	<i>Planning a Training Program</i>		
2 July 23-27	<i>Chap 11 Principles and Methods of Training</i>		
3 July 30 - Aug 3	<i>Principles and Methods of Training</i>		
4 Aug 6-10	<i>Principles and Methods of Training</i>	SAC 5: Unit 4 Outcome 2	
5 Aug 13-17	<i>Chap 12 Chronic Adaptations</i>	SAC 6: Unit 4 Outcome 2	
6 Aug 20-24	<i>Chronic Adaptations</i>		Curriculum Day (20 th)
7 Aug 27 - Aug 31	<i>Chap 13 Performance Enhancement and Recovery Psychological, nutrition, hydration</i>		
8 Sept 3 -Sept 7	<i>Performance Enhancement and Recovery</i>		
9 Sept 10-14	<i>Performance Enhancement and Recovery</i>	SAC 7: Unit 4 Outcome 2	Last week for SACS
10 Sept 17-21	Revision based classes		Eng prac exam (21 st)

Term 4

WEEK	TEACH	SACS/EXAM	NOTES
1 Oct 8-12	Revision based classes		Practice Exams
2 Oct 15-19	Revision based classes		

Unit 3

Outcome 1

Collect and analyse information from, and participate in, a variety of practical activities to develop and refine movement skills from a coaching perspective, through the application of biomechanical and skill acquisition principles.

Task: Structured questions that draw on primary data which analyses a movement skill using biomechanical and skill acquisition principles.

50 marks

Outcome 2

Use data collected in practical activities to analyse how the major body and energy systems work together to enable movements to occur, and explain the factors causing fatigue and suitable recovery strategies.

Task: A laboratory report based on primary data collected during participation in a practical activity, which analyses the relative contribution of energy systems and acute responses to exercise.

25 marks

Task: A response in one or more of the following forms, which focus on energy system interplay, fatigue and/or recovery.

- a practical laboratory report
- a case study analysis
- a data analysis
- a critically reflective folio/diary of participation in practical activities
- a visual presentation
- a multimedia presentation
- structured questions.

25 marks

TOTAL: 100 marks

Unit 4

Outcome 1

Analyse data from an activity analysis and fitness tests to determine and assess the fitness components and energy system requirements of the activity.

Task: A written report analysing data from an activity analysis to determine the relevant fitness components and energy system requirements in a selected activity, and including justification of the selection of appropriate tests to assess fitness.

30 marks

Outcome 2

Participate in a variety of training methods, and design and evaluate training programs to enhance specific fitness components.

Task: A reflective folio of participation in a minimum of five different training sessions focusing on the components of the session, the training method completed and the implementation of training principles to the fitness components being trained.

25 marks

Task: A written report that will draw on the personal experiences recorded in the folio to design a six-week training program for a given case study.

25 marks

Task: A response in one or more of the following formats, which links chronic adaptations of the cardiovascular, respiratory and muscular systems to training methods and improved performance:

- a case study analysis
- a data analysis
- structured questions.

20 marks

TOTAL: 100 marks