<table>
<thead>
<tr>
<th>Unit Name</th>
<th>Main Ideas</th>
<th>Duration (weeks)</th>
<th>Assessment Item</th>
<th>Due Date</th>
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| Functional Anatomy and Exercise | Students will:  
• acquire knowledge about the skeletal and muscular systems  
• acquire knowledge relating to movement terminology  
• apply acquired knowledge to develop basic training programs for improving performance  
• evaluate the suitability of exercises and make justified recommendations for improving the training program | 9                 | Exam                                     | Term 3, Week 6  
Friday 18th August 2017                         |
| Badminton                | Students will:  
• Develop skills, techniques and strategies related to Badminton through focused subroutine practice                                                                                                   | 8                 | Practical                                | Term 3  
Ongoing                                           |
| Biomechanics / Coaching   | Students will:  
• Gain an understanding of biomechanical terminology and concepts  
• Biomechanically analyse their own Olympic Weightlifting ‘Clean’  
• Use biomechanics to justify recommends to improve clean.                                                                                                                                           | 9                 | Assignment  
Jump analysis and recommendations  
Choice of oral, written or multimodal.            | Term 4, Week 7  
Friday 14th November 2017                         |
| Weightlifting             | Students will:  
• Develop skills, techniques and strategies to perform a precursor to Olympic lifting the ‘clean’ in a competition context  
• Learn correct and safe lifting technique  
• Learn foundation lifts for Olympic Lifting- deadlift, clean, front squat.  
• Rules of Olympic lifting                                                                                                                                         | 10                | Practical                                | Term 4  
Ongoing                                           |

**Literacy Components**

- Speaking and Listening: Students will use the protocols of speaking and listening in games and team contexts and through assessment, if selected.
- Reading & Viewing: Students research and interpret information from a variety of written and visual sources during the research process and interpreting assignment questions.
- Writing & Designing: Students sequence ideas and supporting details to develop clear and articulate jump analysis and recommendations.

**Numeracy Components**

- Number:
- Algebra:
- Measurement: Students will investigate the difference between angles of joints of their jump in comparison to an expert.
- Space: Students develop spatial awareness and awareness of sport specific location and movement sequences.
- Chance & Data:

**ICT/Technology Components**

- Select and use ICTs in the processes of inquiry and research: Internet based research around motor skills and stages of learning.
- Select and use ICTs to create a range of responses to suit the purpose and audience: Students can use ICT’s to produce the written / multimodal aspect of the Biomechanics assignment, if selected.
- Select and use ICTs to collaborate and enhance communication for an identified purpose and audience:
- Develop and apply ethical, safe and responsible practices when working with ICTs: Students will develop skills in identifying trusted sites that provide accurate and well researched information.
- Use a range of advanced ICT functions and applications: