<table>
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<th>UNIT</th>
<th>TERM 3 TOPICS</th>
<th>ASSESSMENT</th>
<th>DUE DATE</th>
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| 3b   | Practical LIFESAVING – POOL  
Follow RLSS Bronze Medallion course.  
Lifesaving strokes and rescue techniques,  
Patient assessment and application of first aid  
Fitness assessment in the pool and improving swim technique and fitness – use of fitness tests to assess different areas of fitness – speed, phosphate recovery, aerobic | Lifesaving – continuous in class assessment  
FORMATIVE |  |
| 3a   | Theory  
Energy Systems and principles of training  
Ref Text Chapters 11, 12, 14, 15  
- The energy systems, components of fitness, fitness testing  
- Oxygen consumption and delivery  
- Principles of training  
- Training methods  
Developing a swim training session suitable to improve ability in the swim component of lifesaving | Research Report  800-1000 words  
Design a personalised pool based training session to improve swim component of surf lifesaving.  
Justify its relevance with reference to training methods chosen and principles of training.  
FORMATIVE | Week 7  
Draft –  
31/8/18  
Week 9  
Due 12/9/18 |

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| 4.b  | Practical Volleyball  
Introduction to basic shots and development of basic skills  
Set , dig, spike, serve  
Court positioning and rotation – use of specialised setter in rotation  
Defensive patterns and blocking  
Transition play from defence to attack | Volleyball – continuous in class assessment  
FORMATIVE |  |
| 4.a  | Theory  
Learning Physical Skills – Biomechanical understanding and its influence on learning and performing a physical activity.  
Force  text ref chap 7  
Momentum  text ref chap 8  
Air and water forces – text ref chap 9  
Application of Biomechanical Knowledge – text chap 10 | Research Assignment  
Analytical Exposition  
- multi-modal presentation  
3 – 5 mins with a combination of at least 2 modes of presentation ( eg. Commentary, video, power Point)  
Justify how an understanding of Biomechanics helped achieve performance goals in volleyball.  
FORMATIVE | Week 6  
Draft –  
15/11/18  
EXAM  
Block |