

External assessment

Stimulus book

Physical Education

General instruction

- Work in this book will not be marked.



Queensland
Government



Queensland Curriculum
& Assessment Authority

Stimulus 1

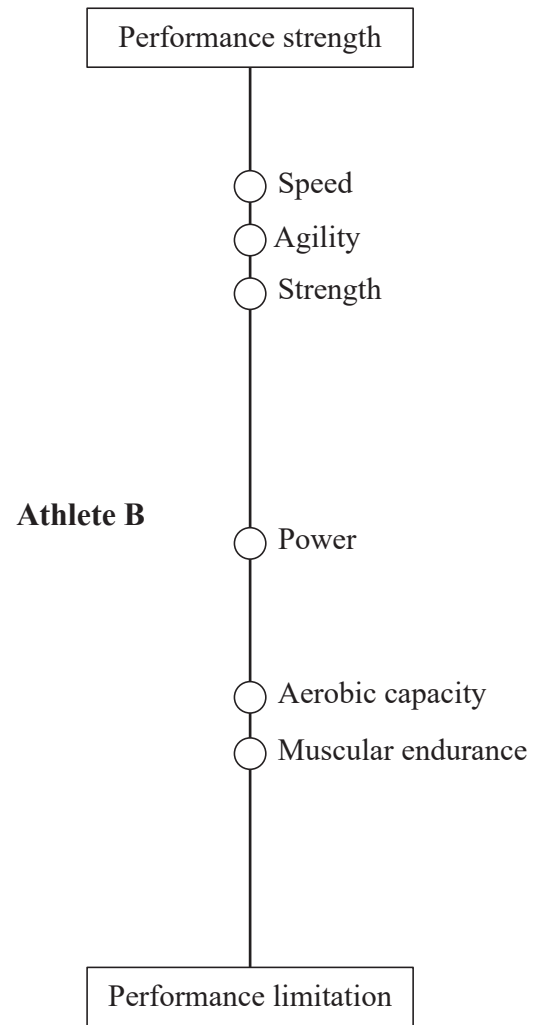
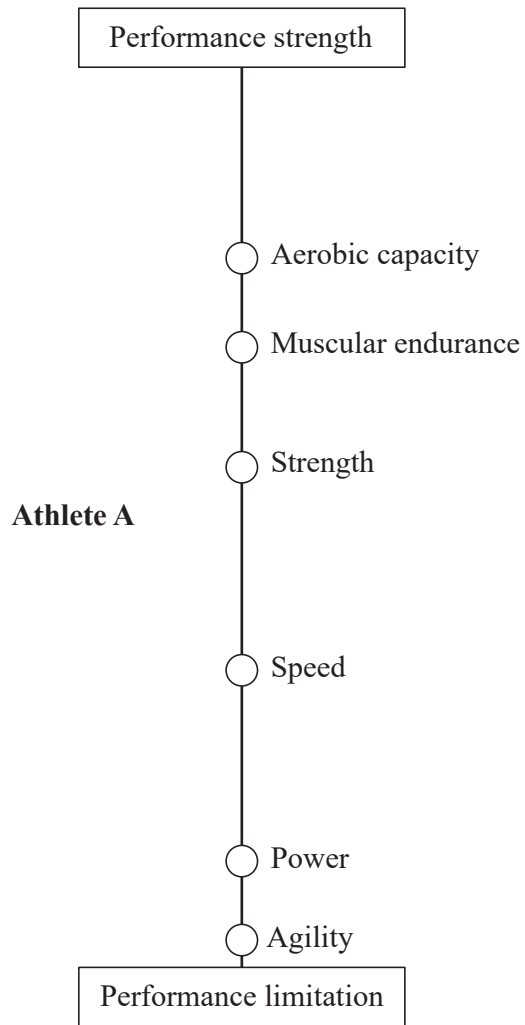
The training progression outlined in the table is repeated on 2 non-consecutive days each week during a 4-week pre-competition mesocycle. The activities are completed in the order presented within the session plan.

Note: Back squat is a squat where the barbell is placed across the shoulders at the back of the neck.

Note: 1RM = 1 repetition maximum, a measure of the maximum weight a person can lift in 1 repetition.

	Activity	Work	Rest within activity
Work	10 minutes skipping	Focus on constant movement	No rest within activity. No rest before next activity.
Work	3 sets of mobility circuit: <ul style="list-style-type: none"> • 10 air squats • 20 sit-ups • 10 lunges each leg • 10 push-ups 	Focus on constant movement	No rest between sets.
Rest	1 minute rest before next activity.		
Work	3 sets of barbell (no weights) circuit: <ul style="list-style-type: none"> • 8 lunges each leg • 8 back squats 	Focus on constant movement	No rest between sets.
Rest	2 minutes rest before next activity.		
Work	Back squats (weighted) from rack: 4 minutes exercise-specific warm-up, then 3 sets	Week 1: 12–15 repetitions at 60% 1RM Week 2: 12–15 repetitions at 60% 1RM Week 3: 10–12 repetitions at 70% 1RM Week 4: 10–12 repetitions at 70% 1RM	Rest 60 seconds between sets.
Rest	4 minutes rest before next activity.		
Work	Box jumps: 5 sets	Week 1: 3 repetitions Week 2: 5 repetitions Week 3: 7 repetitions Week 4: 10 repetitions	No rest between repetitions. 90 seconds rest between sets.
Rest	4 minutes rest before next activity.		

Stimulus 2





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