

Year 9 Fit and Healthy 2017
SEMESTER TWO COURSE OUTLINE

Week	Topic	Learning Focus	Victorian Curriculum Strands & Sub strands
1	Introduction –motor educability	<p>State expectations and values, demonstrating what a respectful and effective Physical Education class looks like.</p> <p>Practice activities which reinforce the personal development skills of: persistence, independence, resilience, organisation, goal setting and personal best.</p> <p>Develop interpersonal skills of teamwork, sportsmanship, responsibility and collaboration.</p>	<p>3.Learning through movement</p> <p>3B.Transfer understanding from previous movement experiences to create solutions to movement challenges</p>
2-3	Fitness testing	<p>Define fitness.</p> <p>Suggest what can be done to maintain or improve fitness ratings in a variety of fitness tests.</p> <p>Learn to take pulse rate accurately.</p> <p>Use heart rate as a measure of fitness.</p> <p>Discuss target heart rate and training zones.</p>	<p>2.Understanding movement</p> <p>2A.Design, implement and evaluate personalised plans for improving or maintaining their own and others’ physical activity and fitness levels</p>
4-10	Fitness - Resistance training Movement	<p>Focus on improving individual fitness through goal setting.</p> <p>Demonstrate correct technique and practice.</p> <p>Explain the impact of physical activity on health and fitness.</p> <p>Reinforce fitness components, heart rate, training effects, training methods, and National Physical Activity Guidelines.</p> <p>Discuss and follow safe guidelines for weight training.</p> <p>Discuss the balance between physical activity and nutrition.</p> <p>Participate in and analyse a variety of movement activities which can be performed throughout the life cycle.</p>	<p>1.Moving the body</p> <p>1A.Perform and refine specialised movement skills in challenging movement situations</p> <p>1B.Evaluate own and others’ movement compositions, and provide and apply feedback in order to enhance performance situations</p> <p>2.Understanding movement</p> <p>2A.Design, implement and evaluate personalised plans for improving or maintaining their own and others’ physical activity and fitness levels</p>

11-16	Individual Training program	Explain how to plan and implement a fitness program with FITT (Frequency, Intensity, Time, Type) principles.	2.Understanding movement 2A. Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels
17-20	Expedition	Utilize the Rail trail to develop fitness specific to bicycle riding. Discuss issues which need to be considered when planning and implementing an expedition.	3.Learning through movement 3A. Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams 3C. Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities