

**Year Level: 9**

**KLA: HPE**

**Subject: Fit & Healthy Lifestyles**

<b>Week</b>	<b>Unit</b>	<b>Learning Focus</b>	<b>Victorian Curriculum</b>
1	<b>Introduction</b>	Class Routines	
2	Motor educability	State expectations and values, demonstrating what a respectful and effective Physical Education class looks like. Practise activities which reinforce the personal development skills of: persistence, independence, resilience, organisation, goal setting and personal best. Develop interpersonal skills of teamwork, sportsmanship, responsibility and collaboration.	Learning through movement Transfer understanding from previous movement experiences to create solutions to movement challenges (VCHPEM159)
2 - 5	Fitness testing  Swimming	Define fitness. Suggest what can be done to maintain or improve fitness ratings in a variety of fitness tests. Learn to take pulse rate accurately. Use heart rate as a measure of fitness. Discuss target heart rate and training zones. Experience a variety of training methods; interval, long slow distance, circuits	Understanding movement Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (VCHPEM155)
6 - 10	Fitness - Resistance training  Movement	Focus on improving individual fitness through goal setting. Demonstrate correct technique and practice. Explain the impact of physical activity on health and fitness. Reinforce fitness components, heart rate, training effects, training methods, and National PA Guidelines. Discuss and follow safe guidelines for weight training. Discuss the balance between physical activity, mental health, wellbeing and nutrition. Participate in and analyse a variety of movement activities which can be performed throughout the life cycle.	Moving the body Perform and refine specialised movement skills in challenging movement situations (VCHPEM152) Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations (VCHPEM153)  Understanding movement Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (VCHPEM155)
11 - 16	Individual Training program	Explain how to plan and implement a fitness program with FITT (Frequency, Intensity, Time, Type) principles. Program Implementation, Program modifications.	Understanding movement design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (VCHPEM155)
17 - 20	Evaluation	Post testing. Program evaluation and celebration/challenge event	Learning through movement, devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (VCHPEM158)  Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities (VCHPEM160)