

**Year Level: 9**

**KLA: HPE**

**Subject: Physical Education**

<b>Week</b>	<b>Unit</b>	<b>Learning Focus</b>	<b>Victorian Curriculum</b>
1-2	Introduction to fitness	Test fitness, evaluate results and set goals for future improvement	Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels ( <a href="#">VCHPEM155</a> )
2-4	Minor games	Working on strategy and manipulation of game elements to produce a predicted result.  Learn the importance of being physically active and limiting sedentary behaviours at different stages of your life.  Focusing on the National Physical Activity Guidelines, exercise accessibility and the relationship between technology and fitness.	Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams ( <a href="#">VCHPEM158</a> )  Reflect on how fair play and ethical behaviour can influence the outcomes of movement activities ( <a href="#">VCHPEM160</a> )
5-9	Lifelong sports - Infant - Children - Adolescents Elderly	Developing hand-eye coordination, understanding rules and requirements of each game.  Learning how the cardiovascular and respiratory system functions at rest. Linking theory concepts to practical activities.	Evaluate health information from a range of sources and apply to health decisions and situations ( <a href="#">VCHPEP148</a> )  Critique behaviours and contextual factors that influence the health and wellbeing of their communities ( <a href="#">VCHPEP151</a> )  Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time ( <a href="#">VCHPEM157</a> )  Perform and refine specialised movement skills in challenging movement situations ( <a href="#">VCHPEM152</a> )
10-17	Hybrid sports - Speedball - Disc golf - Korftball Gaelic football	Understanding rules and requirements of the game.  Apply tactical knowledge and game sense in competitive situations.  Exploring the body's response to exercise. Particular focus on acute responses to exercise (respiratory, cardiovascular and muscular)	Evaluate own and others' movement compositions, and provide and apply feedback in order to enhance performance situations ( <a href="#">VCHPEM153</a> )  Develop, implement and evaluate movement concepts and strategies for successful outcomes ( <a href="#">VCHPEM154</a> )  Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams ( <a href="#">VCHPEM158</a> )
18-20	Fitness testing post	Fitness testing, evaluate results and compare / contrast from start of semester results	Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels ( <a href="#">VCHPEM155</a> )