

| Year Level: 9 | | | |
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| KLA: Physical Education | | Subject: Recreation | |
| Week | Unit | Learning Focus | Victorian Curriculum |
| 1-3 | Swimming, water safety | Explore and understand how to effectively plan and conduct a sport and recreation session for your peers. | Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (<u>VCHPEM158</u>) |
| 4-6 | Soft Lacrosse | Learn the rules and ethics involved in the game. Explore the demands of different sports. Explore the different motivations for the outdoors and physical activity. | Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (<u>VCHPEM157</u>) Design, implement and evaluate personalised plans for improving or maintaining their own and others' physical activity and fitness levels (<u>VCHPEM155</u>) |
| 7-8 | Clay target shooting & Archery | Understand the ethics and rules involved in the game. Examine cultural factors and the history of the game. Understand the role of health and safety and how it impacts society. Fundamental understanding of correct First Aid treatment. | Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at risk (<u>VCHPEP144</u>) Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (<u>VCHPEM157</u>) |
| 9-10 | Squash | Fundamental understanding of correct First Aid treatment. Explore new skills and develop an understanding of the rules and regulations. | Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at risk (<u>VCHPEP144</u>) Develop, implement and evaluate movement concepts and strategies for successful outcomes (<u>VCHPEM154</u>) |
| 11-12 | Pilates / yoga | Understanding the different demands that are required in recreational activities. Investigating the impact, we have on our environment. | Plan and evaluate new and creative interventions that promote their own and others' connection to community and natural and built environments (<u>VCHPEP150</u>) Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (<u>VCHPEM156</u>) |
| 13-16 | Orienteering & Bushwalking | Exploring ways individuals can reduce their footprint when utilising outdoor recreational facilities. Utilising maps, compasses to determine location, using land marks, bearings and lines of travel. | Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (<u>VCHPEM157</u>) Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (<u>VCHPEM158</u>) |

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| | | <p>Record a path for others to follow using bearings and landmarks.</p> <p>Working collaboratively.</p> | |
| 17-18 | Rail trail bike riding | <p>Exploring local environments and accessible resources.</p> <p>Utilising local outdoor resources.</p> | <p>Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (<u>VCHPEM157</u>)</p> <p>Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (<u>VCHPEM158</u>)</p> <p>Analyse the impact of effort, space, time, objects and people when composing and performing movement sequences (<u>VCHPEM156</u>)</p> |
| 19-20 | Excursions and evaluation | <p>Excursion may run throughout the semester depending on dates and availability</p> <p>Indoor rock climbing, laser tag, Go Karting, bubble soccer, mini golf, ten pin bowling</p> <p>Not all activities will be covered due to cost and availability</p> | <p>Devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams (<u>VCHPEM158</u>)</p> <p>Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (<u>VCHPEM157</u>)</p> |