



Mossman State High School

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Class Course Planner - 2024

Class: HPE101A

Date Range: 22-Jan-2024 to 21-Jun-2024

Term Week	Unit Number	Unit Plan - Topic	Assessment/Excursion	Date
T 1 Wk 1		Volleyball Rules and Specialised Movement Skills		
T 1 Wk 2		Stages of Learning		
T 1 Wk 3		Types of Practice		
T 1 Wk 4		Data Collection		
T 1 Wk 5		Data Analysis		
T 1 Wk 6		Coaching Session Design		
T 1 Wk 7		Practice Coaching Session		
T 1 Wk 8		Coaching Assessment		
T 1 Wk 9		Volleyball Assessment	Coaching and Volleyball Assessment	19 Mar
T 1 Wk 10		Fundamental Touch skills		
T 2 Wk 1		Energy Systems		
T 2 Wk 2		Principles of Play		
T 2 Wk 3		O2 Debt and Deficit		
T 2 Wk 4		VO2 Max and Anaerobic Threshold		
T 2 Wk 5		Data Collection		
T 2 Wk 6		Data Analysis		
T 2 Wk 7		Exam Revision		
T 2 Wk 8		Exam	Exercise Physiology Exam	4 Jun
T 2 Wk 9		Touch Football Performance	Touch Football Performance	11 Jun
T 2 Wk 10		Touch Football Performance		