Mossman State High School

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Class Course Planner - 2024

Class: HPE101A Date Range: 08-Jul-2024 to 22-Nov-2024

Term Week	Unit Number	Unit Plan - Topic	Assessment/Excursion	Date
T 3 Wk 1		Skeletal System and Deadlifts		
T 3 Wk 2		Muscular System and Squats		
T 3 Wk 3		Movements and Squats		
T 3 Wk 4		"Clean" lift development		
T 3 Wk 5		"Clean" lift development		
T 3 Wk 6		Exam Revision		
T 3 Wk 7		Exam	Anatomy & Physiology	20 Aug
T 3 Wk 8		"Clean" Performance Assessment	Clean Performance	28 Aug
T 3 Wk 9		Netball Rules and Specialised Movement Sequences		
T 3 Wk 10		Netball Rules and Specialised Movement Sequences		
T 4 Wk 1		Movement Concept - Body Awareness with Netball		
T 4 Wk 2		Movement Concept - Relationships with Netball		
T 4 Wk 3		Movement Concept - Space Awareness with Netball		
T 4 Wk 4		Movement Concept - Quality of Movement with Netball		
T 4 Wk 5		Netball Rules and Specialised Movement Sequences		
T 4 Wk 6		Netball Multi-modal Production		
T 4 Wk 7		Netball Multi-modal Production	Netball Movements Concepts Multimodal	12 Nov
T 4 Wk 8		Netball Performance Assessment	Netball Performance	19 Nov