



# Mossman State High School

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## Class Course Planner - 2024

Class: HPE091A

Date Range: 22-Jan-2024 to 28-Mar-2024

Term Week	Unit Number	Unit Plan - Topic	Assessment/Excursion	Date
T 1 Wk 1		Introduction to heart rate (HR) recording and GPAI		
T 1 Wk 2		Sport 1 & 2 - Collection, analysis & graphing of HR data		
T 1 Wk 3		Sport 3 & 4 - Collection, analysis & graphing of HR data		
T 1 Wk 4		Training Zones		
T 1 Wk 5		Components of Fitness and movement analysis		
T 1 Wk 6		Components of Fitness and movement analysis		
T 1 Wk 7		EXAM	Community Fitness Exam	5 Mar
T 1 Wk 8		Games to develop team work		
T 1 Wk 9		Games to develop team work		
T 1 Wk 10		Games to develop team work		