



Mossman State High School

46-62 Front Street Mossman 4873

PO Box 178 Mossman 4873

Phone: 07 4084 1333

mossmanshs.eq.edu.au

Class Course Planner - 2024

Class: HPE091C

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	4 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		