



Mossman State High School

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Class Course Planner - 2025

Class: PED121A

Date Range: 14-Jul-2025 to 12-Dec-2025

Term Week	Unit Number	Unit Plan - Topic	Assessment/Excursion	Date
T 3 Wk 1	4	Justify modifications/maintenance of strategy		
T 3 Wk 2	4	Consolidate performance analysis		
T 3 Wk 3	4	Prepare multimodal		
T 3 Wk 4	4	Draft due		
T 3 Wk 5	4	Assessment Due	Energy, fitness and training and physical activity	14 Aug
T 3 Wk 6	4	Energy requirements revision & consolidation		
T 3 Wk 7	4	Fitness requirements revision & consolidation		
T 3 Wk 8	4	Principles of training revision & consolidation		
T 3 Wk 9	4	Training methods, fatigue recovery revision & consolidation		
T 3 Wk 10	4	Oxygen in performance revision & consolidation		
T 4 Wk 1	4	Theory of periodisation revision & consolidation		
T 4 Wk 2	4	Developing training programs revision & consolidation		
T 4 Wk 3	4	Exam preparation		
T 4 Wk 4	4	External Block Exams		
T 4 Wk 5	4	External Block Exams		
T 4 Wk 6	4	External Block Exams	Physical Education External Exam	11 Nov
T 4 Wk 7	4	External Block Exams		
T 4 Wk 8		N / A - School Holidays		
T 4 Wk 9		N / A - School Holidays		
T 4 Wk 10		N / A - School Holidays		