



Mossman State High School

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Class Course Planner - 2024

Class: REC121A

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

Term Week	Unit Number	Unit Plan - Topic	Assessment/Excursion	Date
T 1 Wk 1	1	Critical review of training styles		
T 1 Wk 2	1	Development of personalised training sessions		
T 1 Wk 3	1	Development of personalised training sessions		
T 1 Wk 4	1	FITT principles		
T 1 Wk 5	1	Australian physical activity guidelines		
T 1 Wk 6	1	Health benefits of fitness training		
T 1 Wk 7	1	Assessment	Fitness for Me Assignment	5 Mar
T 1 Wk 8	2	Sports Injuries		
T 1 Wk 9	2	Joint Classification		
T 1 Wk 10	2	Movement Definitions		
T 2 Wk 1	2	Strapping Techniques		
T 2 Wk 2	2	Strapping Techniques		
T 2 Wk 3	2	Strapping Techniques		
T 2 Wk 4	2	Assessment practice		
T 2 Wk 5	2	Assessment	Strapping Project	14 May
T 2 Wk 6	3	Officiating of various games		
T 2 Wk 7	3	Officiating of various games		
T 2 Wk 8	3	Officiating of various games		
T 2 Wk 9	3	Officiating of various games		
T 2 Wk 10	3	Officiating of various games		