HT1

MINDS

Invasion games:

Key Knowledge

**Invasion games** 

Net games:

Badminton, table

tennis

Strike/ fielding games:

Performing at

maximum levels:

Athletics

**Key Concepts** 

Activity

etiquette.

NGBs

training

being

HT4

Striking and Fielding Summative or AFL Striking and Fielding Games Games Basic laws HT3 Assessed on Basic laws Catching, throwing, Invasion games: doddle every 4 Catching, throwing, batting, bowling, HT2 Assessment Invasion games: Football, handball, netball, skills weeks batting, bowling competitive games Point: Football, handball, netball, skills in competitive match play competitive games in competitive match play Performing at maximum Invasion games: Assessed on Net games: Performing at maximum Football, handball, netball, skills in doddle every levels Net games: Badminton, table tennis levels competitive match play 4 weeks Laws of the events Badminton, table tennis **Basic Laws** Laws of the events Football, handball, netball, skills in Track events – technique **Basic Laws** Service techniques Track events – technique / analysis Net games: Service techniques Develop shots and shot selection, / analysis Field events - technique / Badminton, table tennis Develop shots and shot selection, competitive Field events – technique analysis **Basic Laws** competitive match play, / analysis Service techniques match play,

competitive match play Net games: Badminton, table tennis **Basic Laws** Develop shots and shot selection, Service techniques competitive Develop shots and shot selection, match play, competitive match play, Aesthetics: Aesthetics: Test set at the end Dance, gymnastics, fitness Test set at the Dance, gymnastics, fitness Balance techniques of theory unit end of theory Aesthetics: Balance techniques With marks Movement unit YST ACTIVE HEALTHY Dance, gymnastics, fitness Movement Replication, sequences, recorded YST ACTIVE HEALTHY MINDS Balance techniques With marks Replication, sequences, performance, analysis, feedback MINDS Aesthetics: Movement recorded performance, analysis, feedback Dance, gymnastics, fitness Replication, sequences, performance, Balance techniques analysis, feedback Movement Replication, sequences, performance, analysis, feedback YST ACTIVE HEALTHY **MINDS** YST ACTIVE HEALTHY MINDS YST ACTIVE HEALTHY YST ACTIVE HEALTHY

MINDS

Warm up/cool down. Muscles and bones. Cardiovascular system/ respiratory system Components of fitness. Sportsmanship and Components of fitness Applying principles of Preventing injury Health fitness and well Diet and nutrition

HT5

Assessment Point: