YEAR 10 HEALTH & PHYSICAL EDUCATION WORK PLAN: Semester 2, 2017 – Carey /Palmer/Green

UNIT	TERM 3 TOPICS	ASSESSMENT	DUE DATE
	Practical – Method of Fitness Training (land). Aerobic and Resistance training – EFM GYM. Fitness testing. Introduction to Exercise Physiology – energy systems. Use of POLAR heart rate monitors in training, Heart rate response to exercise, Threshold training. **Theory** **Achieving personal fitness.** How to prepare a warm up and warm down routine Different methods of training The principle of "progressive overload" The FITT principle of training How to set out a training program Fitness tests	Continuous in class assessment Evaluation of fitness profile and construction of detailed training program for a specific sport.	**Week 10** 10A 13 Sept 10B 12 Sept 10C 13 Sept 10D 13 Sept
UNIT	**TERM 4 TOPICS**	**ASSESSMENT**	**DUE DATE**
	Practical - Badminton Development on individual shots – overhead clear, smash and drop shot. Serve – short and long. Net play – drop shot / dab. Rules of the game and scoring. Singles play – tactics and court positioning. Introduction to doubles play. Basic tactics for offence and defence. Game play – singles ladder and doubles competition. **Health Education Mental Health and Well Being** **Personal mental health awareness** Understanding Mood disorders The nature of mental well being Helping others Helping yourself	Continuous in class assessment Completion and submission of all work booklets accompanying unit and a written assignment	**Week 8** 10A 22 Nov 10B 21 Nov 10C 22 Nov 10C 22 Nov

This work plan was last updated on Wednesday, 26 July 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.