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<th>TERM 3 TOPICS</th>
<th>ASSESSMENT</th>
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| **Week 1-6** | Skipping/movement – The ability to:  
  • coordinate jumping and moving a skipping rope  
  • keep time with music  
  • perform already learnt skills and techniques and choreograph a routine using these skills  
  • work in small groups | Week 6:  
  A = routine performed in small group  
  • timing  
  • skipping proficiency  
  • patterning | **Week 6:**  
  14th – 18th AUG |
| **Week 7-10** | Soccer -  
  • Basic foot eye coordination and patterning  
  • Rules of the game and general game play expectations  
  • Layout of the pitch and movements of certain positions | Week 10:  
  A = practical observations of foot/eye coordination, knowledge of rules and ability to work in a team.  
  Week 6: (assignment) written booklet and small practical activity. | **Week 10:**  
  11th – 14th SEPT |
| **Week 6** | Health unit – ‘Let’s all be active’ | **Week 6:** 14th – 18th AUG |

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| **Week 1-9** | Sailing  
  • Group and individual safety practices demonstrated  
  • Correct positioning of the boat relative to wind direction  
  • Identify parts of the boat; Rigging and sails; Rig boat with assistance  
  • Figure of eight; Round turn and two half hitches; Reef knot; Bowline  
  • Steering and crewing in light winds under supervision; Capsize Recovery Drill  
  • Towing Sail - a reaching course in light winds; Primary boat controls and basic heave-to  
  • Basic crewing and helming methods for a triangle course  
  Basic crewing and helming methods for tacking; Basic crewing and helming methods for gabling | Practical test  
  Capsizing test | **Week 7:**  
  Weekly observations collated over the 8 weeks.  
  **Week 6/7:**  
  When weather conditions are suitable  
  **Week 7:**  
  13th - 16th Nov |
| **Week 5** | Health Unit – ‘Who Influences me?’ | Week 7 - assignment | **Week 7:**  
  13th - 16th Nov |

This work plan was last updated on Tuesday, 18 July 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.