



Trimester Planner Term 2 for year 2018

Physical and Health Education

Grade 1

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 – Jumping and Landing	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 – B C S T	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1	Unit 7 - Footwork	Lesson 13
	1		Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1		Lesson 18
10	1		Lesson 19
	1		Lesson 20

Grade 2

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Jumping and Landing	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 - Footwork	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1		Lesson 13
	1	Unit 7 – Dribbling and Volleying	Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1		Lesson 18
10	1		Lesson 19
	1		Lesson 20

Grade 3

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 – Jumping and Landing	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 - Footwork	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1		Lesson 13
	1	Unit 7- Dribbling and Volleying	Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1		Lesson 18
10	1		Lesson 19
	1		Lesson 20

Grade 4

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Basketball	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 - Athletics	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1	Unit 7 - Racket sports	Lesson 13
	1		Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1		Lesson 18
10	1	Unit 8 - Fitness Testing	Lesson 19
	1		Lesson 20

Grade 5

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Handball	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 - Athletics	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1	Unit 7 - Racket sports	Lesson 13
	1		Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1		Lesson 18
10	1	Unit 8 - Fitness Test	Lesson 19
	1		Lesson 20

Grade 6

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Basketball Netball	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 - Athletics	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1	Unit 7 - Tennis	Lesson 13
	1		Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1	Unit 8 - Fitness Review	Lesson 18
10	1		Lesson 19
	1		Lesson 20

Grade 7

Week	# of lectures	Unit name	Lesson name
1	1	Handball	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Athletics	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1	Badminton	Lesson 13
	1		Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1	Fitness review	Lesson 18
10	1		Lesson 19
	1		Lesson 20

Grade 8

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Basketball Netball	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 - Athletics	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1	Unit 7 - Tennis	Lesson 13
	1		Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1	Unit 8 - Fitness Review	Lesson 18
10	1		Lesson 19
	1		Lesson 20

Grade 9

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 – Handball	Lesson 1
	1		Lesson 2
2	1		Lesson 3
	1		Lesson 4
3	1		Lesson 5
	1		Lesson 6
4	1	Unit 6 - Athletics	Lesson 7
	1		Lesson 8
5	1		Lesson 9
	1		Lesson 10
6	1		Lesson 11
	1		Lesson 12
7	1	Unit 7 –Badminton	Lesson 13
	1		Lesson 14
8	1		Lesson 15
	1		Lesson 16
9	1		Lesson 17
	1	Unit 8 – Fitness review	Lesson 18
10	1		Lesson 19
	1		Lesson 20

Grade 10 G

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Anatomy	Skeleton- Bones
	1		Passing and receiving
2	1		Joints
	1		Kicking and tackling safety
3	1		Muscular system
	1		Attacking tactics
4	1		The heart
	1	Unit 6 - Rugby	Defending tactics
5	1		Cardiovascular system
	1		Tournament
6	1		Respiratory System
	1		Analysis Fitness Review
7	1		Somatotypes
	1		Fitness Reveiw
8	1	Unit 7 - Volleyball	Basics
	1		Serving
9	1		Attacking-spikes
	1		Blocking
10	1		v 2 games 2
	1		v 4 games analysing 4 performance

Grade 10 A

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Anatomy	Skeleton- Bones
	1		Passing and receiving
2	1		Joints
	1		Kicking and tackling safety
3	1		Muscular system
	1		Attacking tactics
4	1		The heart
	1	Unit 6 - Rugby	Defending tactics
5	1		Cardiovascular system
	1		Tournament
6	1		Respiratory System
	1		Analysis Fitness Review
7	1		Somatotypes
	1		Fitness Reveiw
8	1	Unit 7 - Volleyball	Basics
	1		Serving
9	1		Attacking-spikes
	1		Blocking
10	1		v 2 games 2
	1		v 4 games analysing 4 performance

Grade 11 G

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Anatomy	Levers Planes and Axis
	1		Passing and receiving
2	1		The skeleton
	1		Kicking
3	1		Muscular system
	1		Attacking tactics
4	1		Energy Systems
	1	Unit 6 - Rugby	Defending tactics and safety
5	1		Cardiovascular system
	1		Coaching basics
6	1		Respiratory System
	1		Tournament Fitness Review
7	1		Short and long term effects
	1		Fitness Review
8	1	Volleyball	skill recap
	1		Learning process
9	1		Defensive strategies
	1		Attacking strategy
10	1		Rotation
	1		Tournament- Self evaluation

Grade 11 A

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Anatomy	Levers Planes and Axis
	1		Passing and receiving
2	1		The skeleton
	1		Kicking
3	1		Muscular system
	1		Attacking tactics
4	1		Energy Systems
	1	Unit 6 - Rugby	Defending tactics and safety
5	1		Cardiovascular system
	1		Coaching basics
6	1		Respiratory System
	1		Tournament Fitness Review
7	1		Short and long term effects
	1		Fitness Review
8	1	Volleyball	skill recap
	1		Learning process
9	1		Defensive strategies
	1		Attacking strategy
10	1		Rotation
	1		Tournament- Self evaluation

Grade 12 G

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Anatomy	Levers
	1		Passing and receiving
2	1		Bone structures
	1		Evading and tackling
3	1		Joint movements
	1		Attacking tactics
4	1		Muscle anatomy
	1	Unit 6 - Rugby	Defending tactics
5	1		Blood vessels
	1		Coaching and tournament
6	1		Respiratory system- gas exchange
	1		Analysis Fitness Review
7	1		Short and long term effects
	1		Fitness Review
8	1	Unit 7 - Volleyball	Back to basics and learning stages
	1		Developing serving style
9	1		Attacking shots
	1		Decision making
10	1		Rotating and positioning
	1		Tournament self-evaluate

Grade 12 A

Week	# of lectures	Unit name	Lesson name
1	1	Unit 5 - Anatomy	Levers
	1		Passing and receiving
2	1		Bone structures
	1		Evading and tackling
3	1		Joint movements
	1		Attacking tactics
4	1		Muscle anatomy
	1	Unit 6 - Rugby	Defending tactics
5	1		Blood vessels
	1		Coaching and tournament
6	1		Respiratory system- gas exchange
	1		Analysis Fitness Review
7	1		Short and long term effects
	1		Fitness Review
8	1	Unit 7 - Volleyball	Back to basics and learning stages
	1		Developing serving style
9	1		Attacking shots
	1		Decision making
10	1		Rotating and positioning
	1		Tournament self-evaluate