



Newton Moore Senior High School
Recreation Fitness
Year 9
2016



Course Description

Yr.9 Recreational Fitness

This subject is an active course designed for the students wishing to improve their overall fitness. This course will help students understand the importance and the benefits of being active, healthy and fit. Students will be able to work to their individual level so improvement is self-driven. Activities may include the following cross fitness, boxing, cardio work outs, and circuit training. Students will also have the opportunity to develop and implement a class warm-up.

Assessment

20% Knowledge & Understandings: Students develop a class warm-up

60% Skills for Physical Activity: refer to SPA rubric

20% Interpersonal skills and self-management skills: refer to rubric

	Lesson One	Lesson Two
Week One	<u>Fitness</u> Body weight training session on the oval.	<u>Fitness</u> Running – Relay team beep test.
Week Two	<u>Fitness</u> Fitness centre, circuit training	<u>Fitness</u> Running- interval training
Week Three	<u>Fitness</u> Circuit training on the oval – take out blue mats and equipment. Include running between stations.	<u>Fitness</u> <u>Running</u> - long distance
Week Four	<u>Fitness</u> Fitness centre, circuit training	<u>Fitness</u> Running- interval training
Week Five	<u>Fitness</u> Circuit training on the oval – take out blue mats and equipment. Include running between stations.	<u>Fitness</u> Running – Relay team beep test.
Week Six	<u>Assessment One</u> Students need to select their partner that they will work with for this assessment. This lesson they need to sit down with paper and pen and write out their warm up assessment.	<u>Assessment One</u> Good copies of all students' assessments are due. Two sets of pairs will conduct their assessment within this lesson.
Week Seven	<u>Assessment One</u> Three or four sets of pairs will conduct their assessment within this lesson.	<u>Assessment One</u> Three or four sets of pairs will conduct their assessment within this lesson.
Week Eight	<u>Assessment One</u> Three or four sets of pairs will conduct their assessment within this lesson.	<u>Assessment One</u> Three or four sets of pairs will conduct their assessment within this lesson.
Week Nine	<u>Assessment One</u> Three or four sets of pairs will conduct their assessment within this lesson.	<u>Assessment One</u> Three or four sets of pairs will conduct their assessment within this lesson.
Week Ten	Soccer – skills and modified game	Soccer – skills and modified game
Week Eleven	Soccer – the idea will be to get the class into two even teams that they will stay in for the	Soccer- game

	remainder of the soccer module.	
Week Twelve	Soccer- game	Soccer- game
Week Thirteen	Soccer- game	Soccer- game
Week Fourteen	Soccer- game	Soccer- game
Week Fifteen	Handball- the idea will be to get the class into two even teams that they will stay in for the remainder of the soccer module.	Handball- game
Week Sixteen	Handball- game	Handball-game
Week Seventeen	Handball –game	Handball-game
Week Eighteen	Handball-game	Handball-game
Week Nineteen	Free Choice	Free Choice
Week Twenty	Free Choice	Free Choice

YEAR 9 SKILLS FOR PHYSICAL ACTIVITY

A(13-15marks)	B(10-12marks)	C(6-9marks)	D(6marks or below)
Variety of passes or shots on both sides of body	Demonstrates a variety of passes or shots and attempts to pass on the non-preferred side	Controls ball when not under pressure	Limited ability to control speed and direction of passes or shots
Consistently controls distance and direction of each pass or shot applying appropriate weight transfer	Transfers weight when passing or hitting	Executes a variety of passes or shots without pressure	Minimal weight transfer
Fluent controlled action while modifying speed as appropriate	Absorbs force when catching or trapping	Footwork and weight transfer is inconsistent with action at times	Little or no effective use of non-preferred side
Protects the ball under pressure	Is confident with little or no pressure	Has some spatial awareness but is inconsistent	Limited attempt to protect the ball when under pressure
Very good spatial awareness	Can combine a series of movements such as run and pass	Performs skills on preferred side of the body only	Frequently makes inappropriate passes
Closes or creates space as necessary	Demonstrates some ability to "read the play"	Focuses on ball to maintain control therefore limiting peripheral vision	Has difficulty transitioning from offensive to defensive roles
Effectively combines a number of movement skills – eg running, dodging, passing	Attempts to defend space or opponent as required		Makes limited attempt to move to space
Devises and executes a team strategy	Intercepts the ball and maintains control while transitioning from defence		