

Lumsden Highschool Gr.9 YrPlan : Jarhico Kenyon

		9.1 Examine and apply the principles of training	9.2 managing body compositi on and influence of mass media on body image.	9.3 strategies for developin g the strength of core muscles and joint muscles.	9.4 Personal plans for improvem ent	9.5 Build skills in TGfU categories	9.6 Tactics and strategues in TGfU categories
Date	Topic	Outcomes					
September							
5th-8th	safety-activelife						
11th-15th	Gymnastics						
18th-22nd	Alternate Enviro.						
25th- 29th	Per. Dev.-Net/wall						
October							
2nd- 6th	Net/wall						
10th- 13th	Media						
16th-20th	Health & Injury						
24th-27th	PlanAlternate Envir.						
30th-31st	Per. Dev.-T Striking						
November							
1st-3rd	Striking G.						
6th-9th	Body Manage						
13th-17th	Dance						
20th-23rd	Fitness- Media						
27th-1st	Per. Dev.-Invasion						
December							
4th-8th	Invasion						
11th-15th	Alternate Enviro.						
18th-21st	Per. Dev.-S Target G.						
January							
4th-5th	Target G- Student Led E.						
8th-12th	Student led Events						
15th-19th	Well being						
22nd-24th	Active Living						

9.7 Tactics and strategies in alternate environments
9.8 Activities as a means of holistic well being
9.9 Plan and participate in an event to engage others
9.10 Analyze mass media in promoting active living
9.11 How to prevent and care for injuries
9.12 Incorporate social positive behaviours
9.13 Manage opportunities to develop physical literacy

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