

September

Day/Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1		Classes begin Orientation: <ul style="list-style-type: none"> <li>• Setting the tone</li> <li>• Safety</li> <li>• Daily active participation</li> </ul>	Building a class community Assessment for Movement Competence & Living Skills through Interactive Games		
Week 2  Space: Large field/small community green space	Interactive Games (outdoor)  A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3				
Week 3  Space: Local softball diamond	Striking/Fielding Games (outdoor)  A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3  Physical Fitness A2.1, A2.3, A3.1, A3.2				
Week 4  Space: Large field	Territory Games (outdoor)  A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3  Physical Fitness A2.1, A2.3, A3.1				

October

Day/Week	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 5</p> <p>Healthy Living: 1<sup>st</sup> half of period</p> <p>Physical Fitness: 2<sup>nd</sup> half of period</p>	<p>Healthy Living</p>				
	<p>Physical Fitness A2.1, A2.2, A2.4</p>		<p>Gathering fitness assessment data</p>		<p>Fitness Analysis</p>
<p>Week 6</p>	<p>Target/Individual Pursuits A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3</p> <p>Physical Fitness A2.3, A2.4, A3.3</p>		<p>Develop personal fitness plan Implement personal fitness plan</p>		<p>Freedom Friday: Student choice of games to practise skills, concepts and strategies</p>
<p>Week 7</p> <p>Healthy Living: Monday, Tuesday, Wednesday</p> <p>Net/Wall: Thursday, Friday</p>	<p>Healthy Living</p>			<p>Net/Wall A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3</p> <p>Warm-ups: student-led functional fitness</p>	
<p>Week 8</p> <p>Net/Wall: Monday, Tuesday, Wednesday</p> <p>Healthy Living: Thursday, Friday</p>	<p>Net/Wall A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3</p> <p>Warm-ups: student-led functional fitness</p>			<p>Healthy Living</p>	

November

Day/Week	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 9</p> <p>Space: Large gym/fitness facility</p>	<p>Territory Games (indoor)</p> <p>A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3</p> <p>Physical Fitness</p> <p>A2.1, A2.3, A3.1</p>				<p>Freedom Friday: Student choice of games to practise skills, concepts and strategies</p>
<p>Week 10</p> <p>Space: Large gym</p>	<p>Striking/Fielding Games (indoor)</p> <p>A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3</p>				<p>Freedom Friday: Student choice of games to practise skills, concepts and strategies</p>
<p>Week 11</p> <p>Space: Classroom and fitness facility</p> <p>Healthy Living: 1<sup>st</sup> half of period</p> <p>Fitness: 2<sup>nd</sup> half of period</p>	<p>Healthy Living</p> <p>Mid-way fitness assessments</p> <p>Reflections/goal setting and revisions</p> <p>A1.2, A2.3, A2.4</p>				
<p>Week 12</p> <p>Space: Large gym</p>	<p>Territory Games/Striking Fielding Games (indoors)</p> <p>A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3</p> <p>Physical Fitness</p> <p>A2.1, A2.3, A3.1</p>				<p>Freedom Friday: Student choice of games to practise skills, concepts and strategies</p>

December

Day/Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 13  Space: Small gym/fitness facility	Net/Wall A1.1, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3  Physical Fitness A2.1, A2.3, A3.1				
Week 14  Space: Classroom and small gym  Healthy Living: 1 <sup>st</sup> half of period  Net/Wall: 2 <sup>nd</sup> half of period	Healthy Living  Net/Wall A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3				Freedom Friday: Student choice of games to practise skills, concepts and strategies
Week 15  Space: Small gym/fitness facility	Target/Individual Pursuits A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3  Physical Fitness A2.1, A2.3, A3.1				
Week 16  Space: Small gym	Target/Individual Pursuits A1.1, A1.2, A1.3, A3.1, B1.1, B1.2, B1.3, B1.4, B2.1, B2.2, B2.3				Freedom Friday: Student choice of games to practise skills, concepts and strategies

January

Day/Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 17  My Healthy Living Plan: 1 <sup>st</sup> half of period  Begin Final 30% Performance Task: 2 <sup>nd</sup> half of period	My Healthy Living Plan: preparation for student-led conference (exam block)  Mini TGfU Team Tournament to prepare for Final 30% Performance Task – TGfU Team Tournament	Territory Game (large gym)	Striking/Fielding Game (large gym)	Net/Wall Game (small gym)	Target Game (small gym)
Week 18	Final 30% Performance Task: TGfU Team Tournament  Final physical fitness assessment and personal reflections		Final physical fitness assessment and personal reflections	Final physical fitness personal reflections	

Note to teachers: Living Skills expectations are addressed and integrated into all other expectations throughout the course.