

Time	Content	Skills	Assessment
12-16 lessons	Athletics	<p>Students will:</p> <ul style="list-style-type: none"> - learn about history and origin of the sport - improve skills necessary to athletics - learn technique of variety of disciplines - improve endurance - understand the importance of security and good sportsmanship 	<p>oral review</p> <ul style="list-style-type: none"> - practice drills - tests: long jump, 40 dash, hurdles sprint, 1000m run, hammer throw, discus throw.triple jump
12-16 lessons	Cooperative Games	<p>Students will learn:</p> <ul style="list-style-type: none"> - The responsibilities within a game - Different roles within a team - Successful team strategies - Matching skills and responsibilities 	<p>Tests:</p> <p>observation of skills during game play</p>
10-12 lessons	Movement to music	<p>Students will learn:</p> <ul style="list-style-type: none"> - The importance of timing our movements with music - Different types of movement patterns - How best to combine movement patterns and music - How creativity and imagination play important roles in movement to music 	<p>Tests:</p> <ul style="list-style-type: none"> - Create 2-3 min. aerobic based programme.
12-16 lessons	Gymnastics	<p>Students will learn:</p> <ul style="list-style-type: none"> - Combining a variety of elements onto sequences - What types of elements can be performed on apparatus - Determining one's own strengths and areas in need of improvement related to gymnastics 	<p>Tests:</p> <ul style="list-style-type: none"> - Create gymnastic floor programme - Apparatus exercises
18 lessons	Swimming	<p>Students will learn:</p> <ul style="list-style-type: none"> a) Swimming techniques <ul style="list-style-type: none"> - Front crawl - Backstroke - Breastroke - Butterfly b) Waterpolo 	<p>Tests:</p> <ul style="list-style-type: none"> - Swimming techniques tests - observation of skills during game play