

GRADE 9 TERM PLAN
Physical Education (Practical)
2024-2025

TERM ONE: SEPTEMBER – DECEMBER

Swimming: Practical

DATE	WEEK	PRACTICAL	OBJECTIVES	PREPARATION FOR NEXT CLASS ASSIGNMENTS AND ASSESSMENTS
JANUARY				
SEPTEMBER 2-13	WEEK 1	RECAP Rules and Protocols Attendance Grading Scheme (how they are going to be graded) Discussion of timetable	To see if the students grasp the concept of year.	<u>Asynchronous activity</u> (to be given to the students in preparation for next class)
September 16- September 27	WEEK 2	Topic: Eliminations for Sports Day & Revision of Freestyle	Students who are advanced will swim a length and beginners swim across two which will contribute points towards sports day and building water confidence in beginners is essential to making progress.	<u>Asynchronous activity</u> Basic pool rules/safety Students will focus on legs, arms and breathing

September 30 -October 11	WEEK	Topic: BREASTSTROKE	Synchronous Activity Students will focus on legs and arms using kickboards to do both.	Asynchronous activity l be able to do the correct technique when doing the breaststroke
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October 14- 18 1st six week test October 21-23 Mid-Term Break				
OCTOBER 28- NOVEMBER 8	WEEK 5	Topic:Treading	<u>Synchronous Activity</u> TREADING students should be able to tread with the help/support of a partner's legs while seated on the pool deck. For 5 sec, 10 sec and 15 sec.	<u>Asynchronous Activity</u> Students should watch videos of persons doing the different types of kicks when treading.

NOVEMBER 11-22	WEEK 6	TOPIC: TREADING / FRONT CRAWL/ FREESTYLE	Students should be able to do any of the kicks that are used when doing treading.	<u>Asynchronous Activity</u> Students must be able to do arm moving on the deck
December 9-13 2ND Six WEEK TEST				
November 25- December 6	WEEK 7	TOPIC: REVISION TREADING	Students must be able to do the arm moving on the deck.	<u>Asynchronous Activity</u> PENCIL FLOATS IN (TREADING) STARFISH FLOAT IN THE DEEP
December 9- 19	Week 8	TOPIC: REVISION TREADING	Students must be able to do the arm moving on the deck.	<u>Asynchronous Activity</u> PENCIL FLOATS IN (TREADING) STARFISH FLOAT IN THE DEEP
DECEMBER 19 END OF TERM				