

CAVENDISH ROAD STATE HIGH SCHOOL

YEAR: 9/10

SUBJECT: Netball (9HPN, 10HPN)

SEM 2 2009

| WEEK | DATE | Theory | Practical |
|------|-------------------------------|---|---|
| 1 | 13 July | Preparing for QLD Champs | Preparing for QLD Champs |
| 2 | 20 July | Drugs In Sport | Set Plays/ Tactical Awareness |
| 3 | 27 July | | |
| 4 | 3 Aug | | |
| 5 | 10 Aug Ekka wk | | |
| 6 | 17 Aug | SET-P INTERVIEWS | Metro Finals |
| 7 | 24 Aug | Drugs In Sport Exam: Wednesday Double | Plyometrics/Strength/ Fitness |
| 8 | 31 Aug | Goal Setting/Team Building | |
| 9 | 7 Sept | | |
| 10 | 14 Sept | | Sports Excellence Challenge: Fun Games |
| | | | |
| 1 | 5 Oct | Recovery and Sports Nutrition <ul style="list-style-type: none"> • Massage • Self Massage • Eating for Recovery • Preparation of Pre-Event Meals | Fitness/Technique |
| 2 | 12 Oct | | |
| 3 | 19 Oct | | |
| 4 | 26 Oct | | |
| 5 | 2 Nov | | |
| 6 | 9 Nov 12 block | | |
| 7 | 16 Nov 11block End yr12 | Assessment: Preparing a pre-event meal (Practical) | Game Play vs Excellence Schools |
| 8 | 23 Nov End 10 11 | Reflection on Practical Assessment | |
| 9 | 30 Nov | Year 9: Team Bonding and Reflection Activities | Sports Excellence Challenge: Fun Games/Sport |
| 10 | 7 Dec | | |