

Time frame	Unit title	Key and Related Concepts	Global context and exploration	Statement of inquiry	Objective/Objective strands	ATL skills	Content
20 hours	Health Related Fitness Components	Development function adaptation	Orientation in Space and Time: Scale, duration, frequency and variability	Development needs function and adaptation to design scale, duration, frequency and variability	A. All strands B. All strands C. All strands D. All strands	Self Management Reflection Skills Develop new skills, techniques and strategies for effective learning Thinking: Transfer Skills Make connections between subject groups and disciplines	Using the target movement students can learn the importance of learning the different fitness components that test their strength and endurance. Students will learn the importance of self management by learning about, nutrition, meal planning, goal setting, and selecting on those goals frequently to develop positive new habits and techniques.
25 hours	Team Sports	Change Perspective Interaction	Identities and Relationships: Physical, psychological and social development	Interaction and perspective promote change through physical, psychological and social development	A. All strands B. All strands C. All strands D. All strands	Communication Communication Skills Organize and depict information logically. Thinking: Creative Thinking Skills Create novel solutions to authentic problems.	Participating in team sports students will learn the impact that it has on their psychological, physical, and social development. Students will learn how to use their communication skills and different perspectives to work on better interaction skills with others.
20 hours	Improving Performance	Communication Balance Choice	Scientific and technical innovation: Adaptation, ingenuity and progress	Communication and choice creates balance which establishes adaptation, ingenuity and progress.	A. All strands B. All strands C. All strands D. All strands	Thinking Critical Thinking Consider ideas from multiple perspectives Social: Collaboration Skills Encourage others to contribute	Students will collaborate together to come up with a way to use scientific and technology innovations to come up with different ways that it can help coaches and fitness instructors better communicate to their clientele or players. To improve their physical fitness or performance.