

SESSION 2021/22: HIGHER PLANNING DIARY

Week	Mon	Tue	Wed	Thu	Fri		
Aug 16	IS 1	IS 2				1	
23							
30							
Sep 6	Football / Hock. (Physical / Emotional)					2	
13							
20							
27	HOL						
Oct 04	End of Unit Assessment 1						
11	HOL	HOL	HOL	HOL	HOL		
18	IS 3	Netball (Social)				3	
25							
Nov 01							
08	Basketball (Mental)					4	
15							
22							
29	Scenario week						
Dec 06	End of Unit Assessment 2					5	
13							
20							S1-S3 Dance
27	HOL	HOL	HOL	HOL	HOL		
Jan 03	HOL	HOL	Prelim Preparation			6	
10							
17							
	Prelims						

Week	Mon	Tue	Wed	Thu	Fri	
24	Prelims					7
31					IS 4	
Feb 07	HOL	HOL	WW Cross-Country			
14	Performance Prep.					
21	ER Cross-Country Perf. Assessments			DAY 1	DAY 2	8
28	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	
Mar 07	Catch-up					
14						9
21						
28						
Apr 04	HOL	HOL	HOL	HOL	HOL	
11	HOL	HOL	HOL	HOL	HOL	
18	HOL	Transition Sports				Ath
25						
May 02	HOL	IS 5				
09						
16						
23						
30	ER Athletics			HOL	HOL	
Jun 06	New T/T					SG
13						
20						
27	HOL		HOL	HOL		

Physical & Emotional						
	Monday		Column A - Tuesday / Column B - Wednesday		Thursday	
Week	Classroom	Practical	Practical	Practical	Classroom (Thurs)	Practical
Aug 16	IS 1	IS 1	IS 1	IS 1	Introduction to Higher / FIP - F	Cooper Test
23	Introduction to Higher / FIP - Physical	30m Sprint, Illinois	Fill out PPW for gathering info	Physical PPW (Skills)	Gathering information	PDP - Week 1 - session 1 (provided)
30	Gathering information / target setting	PDP - Week 1 - session 2	PDP - Week 1 - session 3	Conditioned Game	Approaches / Create PDP (re	PDP - Week 2- session 1
Sep 6	Approaches - Physical	PDP - Week 2- session 2	PDP - Week 2- session 3	Conditioned Game	Approaches - Emotional	PDP - Week 3- session 1
13	Catch-up / revision lesson	PDP - Week 3- session 2	PDP - Week 3- session 3	Conditioned Game	Monitor	Monitor - Cooper
20	Monitor	Adapted PDP	Monitor - PPW	Conditioned Game	Adaptions to PDP	Competitive Game
27	Holiday		Catch-up / Revision lesson	Competitive Game	Catch-up / Revision lesson	Competitive Game
Oct 04	Catch-up / Revision lesson	Competitive Game	Revision (personal)	Competitive Game	End of Unit Assessment	

SOCIAL						
WEEK	Classroom 1	Practical	Classroom 2	Practical	Classroom 3	Practical
Oct 18	Holiday		End of unit assessment - RM	Games	FIP - PT	Gathering info (self-reflection)
25	Gathering info - Complete PPW & describe - Both - PM	Team Building	Gathering info - Benefits / Challenges - F	Team Practices / Briefing	Revision - RM	Team Practices / Briefing
Nov 01	Approaches benefits / challenges - PT	Approaches	Approaches - Evaluate - PT	Approaches	Revision - PM	Games

Mental						
WEEK	Classroom 1	Practical	Classroom 2	Practical	Classroom 3	Practical
08	FIP - RM	PPW - Peer	Goal setting - PT	Skills / Games	PRACTICAL - skills	PRACTICAL - Games
15	Gathering info: Recap & Feedback - Hor	Team Building	Approaches - Recap & Evaluate - PT	Team Practices / Briefing	Model Performer ? - PM	Team Practices / Briefing
22	Revision - Homework RM	Approaches	TBC - PT	Approaches	Revision - PM	Games