

YEAR 6 HEALTH AND PHYSICAL EDUCATION WORKPLAN: Semester 1, 2017 – Ms Brady and Mr George



UNIT	TERM 1 TOPICS	ASSESSMENT	DUE DATE
PE	Water Polo –Swimming and treading water ability <ul style="list-style-type: none"> • Ball control – passing, possession of ball, grip with one hand • Defence work – blocking, strategy • Rules of game –how to score, tactics 	WP - Continuous observation of improvement over 7 week block. <ol style="list-style-type: none"> 1. Knowledge of game 2. Ball skills and handling 3. Fitness A – theoretical component	Continuous observations
PE	Badminton - weeks 8-9 in term 1, continuing in term 2 for weeks 1-4 <ul style="list-style-type: none"> • Rules of indoor game played either singles or doubles • How to score • Offensive – particular shots, tactics, footwork • Serves • Fitness on court – ability to move, lunge and readiness to return shot 	B - Continuous observation of improvement over 6 week block. <ol style="list-style-type: none"> 1. Particular range of shots during a game 2. Knowledge of rules and scoring 3. Technique 	Continuous observations and results after games ladder.
HE	Health Component – ‘What am I drinking’ Every second week theory lesson for 45min	Personal and cultural identities	Continuous
UNIT	TERM 2 TOPICS	ASSESSMENT	DUE DATE
PE	Fitness development through Athletics weeks 5-11 Track and Field event preparation for College athletics carnival. <ul style="list-style-type: none"> • Safety procedures in athletics. • Technique in all events – long , high jump, • Shot, discus. • Sprints (100m, 200m,) and middle distance (800m) • Relay running for both straight and circular events • Endurance running for distances above 1500m, how to pace. Each week students are put through rotational activities that involve cardiovascular fitness and strength exercises related to the many disciplines of athletics. <ul style="list-style-type: none"> • The activities each week change and focus on different muscular areas and strength areas so as to match the sports of athletics • Base training for the sports involved in athletics • Beep test 	Performance and Knowledge – A written assessment piece acknowledging a particular strength and fitness requirement which would be used for a particular athletic discipline. Linking the need for one in order to accomplish the other. Students aim to improve stamina, strength and endurance by increasing time in the beep test and recording how they performed and felt doing the many movements of athletic sports	Continuous observation
HE	Health Component – Continuation of the ‘What am I drinking?’ unit up to week 2-3 Then moving into – ‘Let’s be active’ from week 4 – 10. And Continuing into term 3. <ul style="list-style-type: none"> • Every second week theory lesson for 45min 	Term 3 week 3.	

This work plan was last updated on Wednesday, 1 February 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.