

YEAR 7 PHYSICAL EDUCATION Work Plan - Semester 2 2017 – 7A, 7B Ms Oakley, 7E Mr Green



UNIT	TERM 3 TOPICS	ASSESSMENT	DUE DATE
4	<p>Movement (Dance) weeks 1 - 6</p> <ul style="list-style-type: none"> • Coordination, rhythm, teamwork, spatial awareness • Performance of various skills and techniques taught in class and choreographed into a routine using these skills. • Work/interact in small groups, team work. 	<p>Continual observations from week 1-5. Final assessment in form of group routine performance in week 6 HPE lesson.</p> <p>Practical assessment ongoing</p> <p>assignment (completed in class)</p>	<p>DANCE Week 6 7A – L6 14/8 7B – L2 17/8 7E – L4 18/8</p> <p>VOLLEYBALL Ongoing assessment during class</p> <p>HEALTH 7A – L2 12/9 7B – L1 12/9 7E – 11/9</p>
5	<p>Volleyball weeks 7 - 10</p> <ul style="list-style-type: none"> • Knowledge and understanding of rules and court structure • Demonstration of basic level accuracy– dig, spike, set, serve, block • Understanding Fitness – movement on court, covering areas on court • Understanding a plan of base level attack • Understanding a plan of base level defense <p>Working as a team</p> <p>Health – Approaching adolescence - 9 weeks</p> <ul style="list-style-type: none"> • Adolescence – transition impacts on identity • Impacts of physical change on identity 		
UNIT	TERM 4 TOPICS		
6	<p>Surf Life Sailing weeks 1 – 9</p> <ul style="list-style-type: none"> • Reading the surf and beach conditions • Understanding rips, tides, currents. • Swimming through waves both out to deeper water and into the shore. • Understanding different types of waves. Spilling, surging, and dumping. • Run/swim run fitness • Rescuing with various devices; • Tube rescues, rescue boards, body boards, surfboards • Basic board rescue and board handling work in the waves • CPR and resuscitation/first aid basics 	<p>Continuous in class assessment Students aim to improve stamina, strength and cardiovascular endurance as well as confidence and skills in surf survival and resuscitation practices. Observations in class.</p> <p>Theory Exam</p>	<p>PRACTICAL Ongoing weekly assessment on each skill</p> <p>Week 8 7A – L2 21/11 7B – L1 21/11 7E – 20/11</p>

This work plan was last updated on Thursday, 10 August 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.