

YEAR 7 PHYSICAL EDUCATION WORK PLAN: Semester 1, 2017 – Ms Oakley 7A, 7B, Mr Green 7E



UNIT	TERM 1 TOPICS	ASSESSMENT	DUE DATE
1A	Water Polo – 7 weeks <ul style="list-style-type: none"> • Swimming skills - treading water, moving quickly in the water, changing directions, generating speed. • Ball control – passing, possession of ball, grip with one hand, passing with confidence. • Defence work – how to mark a player, covering areas of field in defence, moving quickly to positions. 	1 B Assignment due in Term 2	Continuous assessment in class
2A	Basketball - 2 weeks (continues into term 2) <ul style="list-style-type: none"> • Ball handling/dribbling, Shooting/rebounding, Passing, Defense/offense tactics • Teamwork/communication 		Continuous assessment in class
1B	Health – Active Aussies (1 lesson per fortnight) <ul style="list-style-type: none"> • Role of physical activity and Australian cultural identity • Changes in physical activity sport and outdoor recreation • Changing cultural identity in physical activity 		
UNIT	TERM 2 TOPICS	ASSESSMENT	DUE DATE
1A	Continue Health – 4 weeks	1 B - Health assignment Collection of work - Increasing Jasmine's physical activity and participation.	Week
2A	Continue Basketball – 4 weeks		7A: WK 4 Tues P 6
3A	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. • Base training for the sports involved in athletics • Beep test (fitness test) 		7B: WK 4 Tues P 2 7E: WK 5 Wed P 6
2B	Health – Approaching adolescence - 9 weeks (Continue Term 3) <ul style="list-style-type: none"> • Adolescence – transition impacts on identity • Impacts of physical change on identity 	Assessment Term 3	Continuous assessment in class