

YEAR 7 PHYSICAL EDUCATION Work Plan - Semester 2 2017 – 7C Ms Oakley, 7D Mr Hayes



UNIT	TERM 3 TOPICS	ASSESSMENT	DUE DATE
4	<p>Movement (Dance) 6 weeks 7C weeks 1 – 6 7D weeks 6 – Term 4 wk 1</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>DANCE WK 6 – 7C 14/8 WK 2 Term 4 – 7D</p>
5	<p>Volleyball – 5 weeks 7D week 1 – 5 7C weeks 6 – week 1 term 4</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 • Working as a team <p>Health – Approaching adolescence - 6 weeks</p> <ul style="list-style-type: none"> • Adolescence – transition impacts on identity • Impacts of physical change on identity 	<p>Practical assessment ongoing</p> <p>assignment</p>	<p>VOLLEYBALL Ongoing assessment during class</p> <p>HEALTH 7C – WK 8 L4 31/8 7D – WK7 L2 22/8</p>
UNIT	TERM 4 TOPICS	ASSESSMENT	DUE DATE
6	<p>Volleyball - Week 1 – 2 7C Dance week 1-2 – 7D</p> <p>Water Polo – weeks 3 -9</p> <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. <p>Health – Active Aussis’ (1 lesson per fortnight)</p> <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 	<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>Waterpolo quiz</p> <p>Assignment task</p>	<p>Ongoing weekly assessment on each skill</p> <p>Week 9 7C – L1 28/11 7D – L2 28/11</p> <p>Week 8 7C- L4 23/11 Week 7 7D- L2 14/11</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.