YEAR 7 PHYSICAL EDUCATION WORK PLAN: Semester 1, 2017 – Ms Oakley 7C, Mr Hayes 7D

UNIT	TERM 1 TOPICS	ASSESSMENT	DUE DATE
6A	**Surf Life Sailing weeks 1 – 8** • 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		Continuous practical assessment in class
6B	• Basic board rescue and board handling work in the waves • **Introduction to First Aid**. • CPR and resuscitation • Patient care and assessment	**Theory exam** Basic first aide Types of waves Rescue techniques/scenarios	Theory exam 7D Wk 7 Thurs P3 7C WK 8 Thurs P4
2A	**Basketball** - 2 weeks (continues into term 2) • Ball handling/dribbling, Shooting/rebounding, Passing, Defense/offense tactics • Teamwork/communication		
UNIT	**TERM 2 TOPICS**	**ASSESSMENT**	**DUE DATE**
2B	**Health – Approaching adolescence** - 9 weeks (Continues into Term 3) • Adolescence – transition impacts on identity • Impacts of physical change on identity •	Assessment: Assignment Term 3	
	Continue Basketball – 5 weeks		
3A	Fitness development through **Athletics** weeks 5-11 Track and Field event preparation for College athletics carnival. • 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)		Continuous practical assessment in class

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.