

# YEAR 8 PHYSICAL EDUCATION WORK PLAN: Semester 1, 2017 – Mr Palmer, Mr Hayes & Miss Oakley



UNIT	TERM 1 TOPICS	ASSESSMENT	DUE DATE
	<p><b>Practical - Badminton.</b></p> <ul style="list-style-type: none"> <li>• Introduction of individual shots – overhead clear, smash. Serve – short and long.</li> <li>• Net play – drop shot / dab.</li> <li>• Rules of the game and scoring.</li> <li>• Singles play – tactics and court positioning.</li> <li>• Introduction to doubles play.</li> <li>• Game play – singles ladder</li> </ul> <p><b>Theory - Sun Smart at School</b></p> <ul style="list-style-type: none"> <li>• Facts and statistics</li> <li>• Sunscreens</li> <li>• Cancers</li> <li>• Changing attitudes and perceptions</li> <li>• Your skin</li> </ul>	<p>Continuous in class assessment</p> <p><b>Assignment</b> 2 weeks home time – information brochure aimed at teenagers</p>	<p>Finalised at the end of the unit</p> <p><b>Week 5 Term 2</b> 8A &amp; 8C Monday 15 May start of lesson 8B Tuesday 16 May start of lesson</p> <p><b>Week 4 Term 2</b> 8D Wednesday 10 May start of lesson</p>
UNIT	TERM 2 TOPICS	ASSESSMENT	DUE DATE
	<p><b>Touch</b> Introduction/development of basic skills and strategies including: 3 player rucks and rotation, offensive skills such as wrapping and switching, Initiating touch when carrying the ball and 'dumping' the ball 'on' an opponent, 'dump and split' Basic concept of how to use a 'set of six'. Defensive positioning and communication.</p> <p><b>Athletics</b> Track and Field skill acquisition and development. Safety procedures in athletics. Technique in majority of events. Focus on – triple jump, high jump, javelin and discus. Sprints, with the use of blocks, and middle distance (800 &amp; 1500m).</p> <p><b>Drug and Resiliency Education ~ Smoking</b></p> <ul style="list-style-type: none"> <li>• Harmful effects of smoking (short term, long term and passive)</li> <li>• Addictive nature of nicotine</li> <li>• Resisting pressure to smoke (including friends/media influence)</li> <li>• Developing decision-making skills, assertive communication skills, help-seeking skills and help-giving skills</li> </ul>	<p>Continuous in class assessment</p> <p>Continuous in class</p> <p>Completion of work booklet accompanying unit</p>	<p>Finalised at end of unit</p> <p>Finalised at end of unit</p> <p><b>Week 4/5 - 11</b> Assessment is ongoing. Booklets to be completed and forwarded to class Teacher on a two weekly basis over the duration of the term</p>

This work plan was last updated on Tuesday, 7 March 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.