

Year Level Plan		Year 7		Health and Physical Education	
Term 1		Term 2			
Personal, Social and Community Health	Practical Performance	Personal, Social and Community Health	Practical Performance		
<p>Unit 1 - Nutrition</p> <p>Students investigate influences on food choices for adolescents. They explore dietary guidelines and make informed decisions to propose and implement an eating plan that will promote the health and wellbeing of an athlete their age.</p> <p>Students:</p> <ul style="list-style-type: none"> review the changes that are occurring throughout adolescence that impact on food choices understand the concept of a balanced diet understand the Australian Guide to Healthy Eating and how it applies to adolescents understand the dietary guidelines for children and adolescents understand the physical health concerns for adolescents understand how to determine the accuracy and validity of health information. 	<p>Unit 2 - Stroke Correction</p> <p>Students develop their skills in swimming strokes, survival skills and strategies in order to apply these in a variety of situations.</p> <p>Students:</p> <ul style="list-style-type: none"> examine history and culture in the aquatic environment examine pool safety and safe practice during aquatic activities practice and refine swimming components and stroke sequences apply and refine recognised swimming strokes. develop survival skills and techniques in various aquatic environments 	<p>Unit 3 - Changing and Growing</p> <p>Students evaluate strategies and resources to manage changes and transition as they get older. They explore the impact of their body changing and growing and how that affects physical, social and emotional well-being. Students will investigate how to enhance their own and others' health and safety through use of strategies and practices that can be easily implemented to cope with change.</p> <p>Students:</p> <ul style="list-style-type: none"> investigate the changes that are occurring throughout adolescence analyse the physical, social and emotional changes and their impact on identity evaluate strategies to manage physical, emotional and social changes that occur as they grow older investigate the benefits of relationships and examine their impact on health and wellbeing understand concepts regarding diversity in relation to sexual identity 	<p>Unit 4a - Skipping: Jump Rope for Heart</p> <p>Students develop movement skills related to skipping from the jump rope for heart resources. They investigate simple and complex performance elements in individual and group settings.</p> <p>Students:</p> <ul style="list-style-type: none"> explore and practise movement and sequences of selected skipping skills apply the elements of movement to compose and perform a movement sequence. work collaboratively in group <p>Unit 4b - Athletics</p> <p>Students develop their skills in athletics across a range of track and field events.</p> <p>Students</p> <ul style="list-style-type: none"> practice and refine movement skills and movement sequences in athletics apply and refine recognised athletic skills develop athletic skills and techniques in practice and competitive environments 		
Assessment Tasks					
<p>Research</p> <p>Students investigate the diet of an athlete their age in relation to the Australian Guide to Healthy Eating/Australian Dietary Guidelines and identify areas where they are on track and areas where they could focus efforts to enhance health.</p>	<p>Practical - Stroke Correction</p> <p>Physical performances are based on the ongoing application of skills and conceptual understandings in relation to stroke correction and swimming.</p> <p>Assessment occurs over a period of time during lessons where students complete planned assessment activities. Performances are observed on a number of occasions throughout a unit of work and judgments relating to the quality of performance are made and recorded on observation records.</p>	<p>Exam</p> <p>Students investigate various scenarios in relation to growth and development. They will use resources to make informed decisions regarding physical, social and emotional wellbeing and make decisions to promote their own and others' health, safety and wellbeing.</p>	<p>Practical - Skipping</p> <p>Physical performances are based on the ongoing application of skills and conceptual understandings.</p> <p>Assessment occurs over a period of time during lessons where students complete planned assessment activities. Performances are observed on a number of occasions throughout a unit of work, and judgments relating to the quality of performance are made and recorded on observation records.</p> <p>and</p> <p>Practical - Athletics</p> <p>Physical performances are based on the ongoing application of skills and conceptual understandings.</p> <p>Assessment occurs over a period of time during lessons where students complete planned assessment activities. Performances are observed on a number of occasions throughout a unit of work, and judgments relating to the quality of performance are made and recorded on observation records.</p>		