

Year Level Plan		Year 8		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 - Anatomy, Sports Injuries and First Aid</p> <p>Students will investigate the skeletal, muscular and articular systems of the body. They will analyse and evaluate common sports injuries encountered and select and implement first aid strategies that help to promote health, safety and wellbeing. Students will practise and apply first aid strategies to seek help for themselves and others through analysis and evaluation of various scenarios.</p>	<p>Unit 2 - Lifesaving</p> <p>Students develop their skills in lifesaving through refining various survival strokes, investigation of basic survival strategies and implementation of lifesaving rescue principles.</p>	<p>Unit 3 - Controlled and Illicit Substances</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>Unit 4a - Indigenous Games</p> <p>Students explore the role that Indigenous Games play in shaping culture and identity. They reflect on and refine personal and social skills as they participate in a range of physical activities based around Indigenous Games.</p> <p>Unit 4b - Basketball</p> <p>Students develop their skills in athletics across a range of track and field events.</p>		
Assessment Tasks					
<p>Analytical Exam Response</p> <p>Students evaluate scenario information to communicate their own and others' health concerns. They investigate and select strategies to promote health and apply these strategies in help-seeking ways.</p>	<p>Practical - Scenario and Skill Performance</p> <p>Physical performances are based on the ongoing application of skills and conceptual understandings in relation to survival strokes, rescue principles and making informed decisions.</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>Health Promotion PowerPoint Presentation</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 - 4a (i) Paired Presentation</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 - 4a (ii) Indigenous Games</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>or</p> <p>Practical - 4b Basketball</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>		