


Year Level Plan		Year 9		Health and Physical Education			
Term 1		Term 2		Term 1		Term 2	
Personal, Social and Community Health		Practical Performance		Personal, Social and Community Health		Practical Performance	
<b>Unit 1 - Mental Health &amp; Well Being</b> In this unit, students identify situations where they may be at risk and how adolescents respond to these. They evaluate responses, propose, and practise appropriate responses to these situations.		<b>Unit 2 - Lifesaving</b> In this unit students develop their skills in lifesaving through refining various survival strokes, investigation of basic survival strategies and implementation of lifesaving rescue principles.		<b>Unit 3 - Fitness/Training Program Design</b> In this unit, students investigate different components of fitness, training principles and the training methods that can be employed to develop performance capacities.		<b>Unit 4a - Soccer</b> In this unit, students develop their teamwork skills and their capacity to apply and transfer concepts and strategies in invasion games.	
						<b>Unit 4b - Orienteering</b> In this unit, students participate in a range of activities to collaboratively plan, set up and solve navigational challenges.	
Assessment Tasks							
<b>Assessment Task: Mental Health Mutli- Modal Presentation.</b> Students will research and present findings in the form of a multi modal presentation. Students will investigate a specific mental health issue so that they can make justifiable health recommendations to a peer who may be suffering from this specific mental health issue.  Students complete a research report. They research issues in adolescent health and make recommendations on how to improve or maintain good health.		<b>Practical - Scenario and Skill Performance</b> Physical performances are based on the ongoing application of skills and conceptual understandings in relation to survival strokes, rescue principles and making informed decisions.  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.		<b>Examination</b> Students complete an examination. They investigate components of fitness, training principles and the training methods that can be employed to develop performance capacities		<b>Assessment 4a - Soccer</b> Physical performances are based on the ongoing application of skills and conceptual understandings.  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.	
						<b>Assessment 4b - Orienteering</b> Physical performances are based on the ongoing application of skills and conceptual understandings.  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.	