



# Australian Curriculum: Health and Physical Education — Year 7

## Year level plan-2023

CURRICULUM	Year 7 Health and Physical Education			
	SEMESTER 1		SEMESTER 2	
	Term 1	Term 2	Term 3	Term 4
<b>Unit Name</b>	<b>Friends Matter &amp; Team sports</b>	<b>Specialised Movement Sequences</b>	<b>Super Snacks and Fitness</b>	<b>Approaching Adolescence &amp; Thrown together</b>
<b>Unit description</b>	Analyse assertive behaviour and practice effective communication strategies to resolve an identified bullying issue. Students will reflect on and refine personal and social skills as they participate in a range of physical activities and team sports. Students will demonstrate safety, fair play and inclusivity to establish and maintain positive relationships	Investigate a specialised movement sequence from selected athletic event or netball and rugby league movement strategy. Explain and demonstrate the correct technique. Examine and critique your own performance and suggest strategies to improve an individual's technique.	Investigate the five food groups and analyse food products to make informed decisions about selecting healthy meal choices Students will then develop an understanding of the health benefits of physical activity. They will apply movement concepts and select strategies to achieve movement and fitness outcomes. <b>This unit is supported by a Virtual Reality Module- Food and Nutrition. Immersive Pedagogy supporting documentation is available as part of this module.</b>	Examine a range of physical, emotional, social and intellectual changes occurring during adolescence and consider how they impact on identity. Students will suggest solutions and strategies to manage developmental challenges during adolescence. Students apply movement concepts and refine strategies across T-ball, badminton and cricket

ASSESSMENT	Year 7						
	Semester 1			Semester 2			
	Term 1	Term 2	Term 3	Term 4			
	Friends Matter-AT1	Specialised Movement Sequences - AT2	Super Snacks- AT3	Fitness-AT4	Approaching adolescence-AT5	Thrown together-AT6	
<b>Range and balance of summative assessment conventions</b>	<b>Technique</b>	Project	Investigation	Examination	Practical	Examination	Practical
	<b>Type of text</b>	Script/response	Evaluation	Short answer response	Performance	Short answer	Performance
	<b>Mode</b>	Written or recorded/video	Performance, digital and written	Written	Physical	Written	Physical
	<b>Conditions</b>	<ul style="list-style-type: none"> <li>Groups of no more than 4 students</li> <li>3 lessons of class time provided</li> <li>3 – 5 min role play</li> <li>Script must be provided prior to performance</li> <li>Short answer responses to questions provided</li> <li>Part 3 to be demonstrated within practical situations and game play</li> </ul>	<ul style="list-style-type: none"> <li>Individual task</li> <li>Spoken or multimodal responses 1– 2 minutes.</li> <li>Students can present or submit multimodal response with spoken element</li> <li>4 lessons of class time provided</li> </ul>	<ul style="list-style-type: none"> <li>60 minutes</li> <li>Exam conditions</li> <li>Closed book</li> </ul>	<ul style="list-style-type: none"> <li>Performance in practical lessons</li> <li>10 weeks</li> <li>Authentic environment</li> <li>Individual and team situations</li> </ul>	<ul style="list-style-type: none"> <li>60 minutes</li> <li>Exam conditions</li> <li>Closed book</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing</li> <li>Authentic performance environment</li> <li>Individual and team situations</li> </ul>

## Aspects of the achievement standard

Evaluate strategies and resources to manage changes and transitions and investigate their impact on identities					✓	
Evaluate the impact on wellbeing of relationships and valuing diversity	✓					
Analyse factors that influence emotional responses	✓					
Investigate strategies and practices that enhance their own, others' and community health, safety and wellbeing.			✓			
Investigate and apply movement concepts and select strategies to achieve movement and fitness outcomes		✓	✓			
Examine the cultural and historical significance of physical activities and examine how connecting to the environment can enhance health and wellbeing						
Apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity	✓					
Demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others' health, safety and wellbeing						
Demonstrate control and accuracy when performing specialised movement sequences and skills		✓				
Apply movement concepts and refine strategies to suit different movement situations						✓
Apply the elements of movement to compose and perform movement sequences				✓		

Term 1

Term 2

Term 3

Term 4



indicates opportunities that summative assessments provide for students to demonstrate evidence against aspects of the achievement standard