

Year 8 Physical Education

UNIT GOALS

The specific goals of this unit are for students to:

- Develop an understanding of communication, cooperation and conventions in game activities
- Take part in activities that contribute to the development of different aspects of fitness
- Monitor and evaluate their own individual performance of different sports
- Develop skills and strategies for individual performance and improvement
- Demonstrate confidence in a range of situations
- Devise, adapt and use a range of strategies

UNIT OVERVIEW

- Students will be given chance to develop a range of Volleyball skills (Term 1) and Touch Football skills (Term 2) and develop an understanding of the conventions of these games.
- Students will undergo a series of fitness tests early in Term 1

ASSESSMENT DETAILS

	Assessment Task	Week Due	Weighting (%)
Term 1			
AT1	Fitness Test evaluation	Week 4	5
AT2	Volleyball self assessment	Week 6	5
AT3	Volleyball Performance checklist	Week 7	40
Term 2			
AT3	Touch Football self assessment	Week 6	5
AT4	Touch Football Performance checklist	Week 7	45
AT5			

Teacher name
Steve White
