

Year 7 Physical Education

UNIT GOALS

The specific goals of this unit are for students to:

- Develop an understanding of communication, cooperation and rules in group 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 both team and individual sports
- Devise, adapt and use a range of strategies in games

UNIT OVERVIEW

- Students will be given chance to develop a range of Touch Football skills (Term 3) and European Handball skills (Term 4) and develop an understanding of the rules of these games.
- Students will participate in an Athletics program 2 lessons per 10 day cycle in Term 3 leading up to the Athletics carnival
- Students will also undergo a series of fitness tests early in Term 3

ASSESSMENT DETAILS

	Assessment Task	Week Due	Weighting (%)
Term 3			
AT1	FitnessTest evaluation	Week 4	5
AT2	Touch Football self assessment	Week 6	5
AT3	Touch Football Performance checklist	Week 7	40
Term 4			
AT4	European Handball self assessment	Week 6	5
AT5	European Handball Performance checklist	Week 7	45

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