Year 7-10 Physical Education 2015

COURSE OUTLINE
Physical activity is a vital part of maintaining a healthy lifestyle, especially as students are growing. While at school, they received 60min per week of organised physical education. The aim of each lesson is to further develop their movement skills by engaging in a variety of sports. Lessons begin with a warm-up, followed by skill development activities designed to improve and challenge individual ability levels. Finally students play a game which may be modified if needed; however, the goal is to replicate real life sporting situations.

The sports selected for this semester are based on what is available in the community, skills which are transferable and class sizes. Each lesson is designed to revise student skills, increase and improve their own ability and then transfer those skills to game situations. Students are encouraged to work well in teams, communicate effectively, use correct terminology specific to the sport, learn umpiring signals and calls and then develop their ability to create strategies and tactics relevant to the game.

COURSE OUTCOMES
Course outcomes are:

- Listening to others
- Communicate effectively in a team environment
- Improvement in their own ability
- Play according to the rules of the game
- Improvement in overall fitness
- Develop an understanding of strategies and tactics relevant to that sport
- Develop resilience and coping mechanisms in competitive situations
- Engage in physical activity to the best of their ability and learn to enjoy being active

ASSESSMENT
Students will be assessed on each sport based on their skill level, game play, understanding of the sport, self-management skills, interpersonal skills and sportsmanlike conduct. They will receive an overall grade for the semester and assessment will occur informally each lesson.
<table>
<thead>
<tr>
<th>Year</th>
<th>Term 1</th>
<th>Term 2</th>
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<tbody>
<tr>
<td>7</td>
<td>Volleyball</td>
<td>Fitness</td>
</tr>
<tr>
<td>8</td>
<td>Soccer</td>
<td>Hockey</td>
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<tr>
<td>9/10</td>
<td>Tennis</td>
<td>Netball</td>
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