



WAGIN DISTRICT HIGH SCHOOL

Semester 2, 2025 OUTLINE

Year 7/8 Physical Education

COURSE OUTLINE

Physical activity is a vital part of maintaining a healthy lifestyle, especially as students are growing. Students have two 50 minute lessons per week, where the aim of each lesson is to further develop their movement skills by engaging in a variety of sports. Students continue to develop and refine specialised movement skills and focus on developing tactical thinking skills in a range of contexts and applying them to physical activities. They have opportunities to analyse their own and others' performance using feedback to improve body control and coordination. They learn about health-related and skill-related components of fitness and the types of activities that improve individual aspects of fitness. The application of fair play and ethical behaviour continues to be a focus for students as they consider modified rules, scoring systems and equipment, which allows participants to enjoy physical activities and experience success. They begin to link activities and processes to the improvement of health and fitness. They are also encouraged to coach and work with their peers to improve their technique but using clear and concise language that also enhances confidence.

This semester we will look at individual fitness and other options for lifelong physical activity to benefit health and lifestyle, outside of team sports.

The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote lifelong healthy lifestyles.

ACHIEVEMENT STANDARD

At Standard, students perform movement skills and sequences in selected sport or physical activity contexts with improving accuracy and efficiency. They implement simple tactics in order to achieve the intended outcome in competitive contexts.

Students describe how physical activity can improve elements of health and fitness. When participating in a variety of sports or physical activities, they demonstrate ethical behaviour and communicate to assist team cohesion and the achievement of an intended outcome.

Movement and Physical Activity

Movement Skills

- Physical activities to enhance health, fitness and wellbeing, including moving in natural environments (WA7HEPMM3) (WA8HEPMM3)
- Movement skills and sequences within different physical activity contexts and settings (WA7HEPMM1)

Understanding movement

Measurement of the body's response to physical activity:

- heart rate
- breathing/respiration (WA8HEPMU1)

- Impact of regular participation in physical activities on health, fitness and wellbeing (WA7HEPMU1)

Healthy and Active Communities

- Health and social benefits of physical activity and recreational pursuits (WA7HEHPH3)

Interpersonal Skills

- Communication skills that support and enhance team cohesion, such as body language, leadership and inclusion (WA7HEPMI1)
- Ethical behaviour and fair play when participating in physical activities (WA7HEPMI2)

COURSE 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 via anecdotal evidence, video footage and game sense.

	TIMELINE	KEY CONCEPTS	ASSESSMENTS
SEMESTER 2	Term 3 Athletics & Individual Fitness	<i>Movement Skills</i> <ul style="list-style-type: none"> • Athletics-attempting varying activities and through technique practise, demonstrate progress over a term • Fitness-Working with trusted partner, engage in some fitness tests then different and fun ways to improve fitness over the term, with final fitness tests at the end. • Volleyball-focus on fundamental skills of dig, set, serve, spike and actively participate in game play to include all team members. <i>Health and Active Communities</i> <ul style="list-style-type: none"> • Regular discussion on how physical activity can improve our overall health. • Measurement of the body's response to physical activity, namely heart rate and breathing rate. 	<ol style="list-style-type: none"> 1. Athletics- Students will take benchmark results of varying athletic activities, practise technique then track final performances 20% 2. Fitness Testing and teamwork-Measuring the bodies response to physical activity and progress over time-20%
	Term 4 Volleyball & Net games such as Pickleball	<i>Interpersonal Skills</i> <ul style="list-style-type: none"> • Language and behaviour that encourages and supports inclusion of peers • Playing within the rules 	<ol style="list-style-type: none"> 1. Volleyball-Skills performed under pressure in game situations 20% 2. Striking/Net games-working individually and in teams completely forehand, backhand and serves in game play 20% 3. Interpersonal skills-Language, body language, fair play, inclusion 20%