

Year 7 PDHPE | Stage 4 | 2018

Year 7 Health

Term 1 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Risky Business									
Description: In this unit, students develop knowledge and understanding in relation to risk taking behaviours, and aiming to minimise the likelihood of students engaging in these behaviours.									
Outcomes: 4.6, 4.7, 4.15, 4.16									
Assessment: Students will be given an A-E grade based on a summative in-class task and their classwork through a formative assessment tool.									

Term 2 - 9 weeks 3 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 3 days)
Balancing Act									
Description: In this unit, students develop and understanding of the nature of health and its relationship with health related components which lead to a healthy balanced lifestyle.									
Outcomes: 4.6, 4.9									
Assessment: No assessment will be taken of this unit.									

Term 3 - 9 weeks 4 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 4 days)
Alcohol and Consumerism									
Description: In this unit, students explore the risks and effects of alcohol consumption and develop an understanding of consumerism and advertising.									
Outcomes: 4.6, 4.7									
Assessment: Students will be given an A-E grade based on a summative alcohol board game and their classwork through a formative assessment tool.									

Term 4 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
A Changing Me									
Description: This unit helps students understand the physical, emotional and social changes that occur during adolescence.									
Outcomes: 4.1, 4.2, 4.3, 4.4, 4.6, 4.9									
Assessment: No assessment will be taken of this unit.									

Year 7 PE

Term 1 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Working On The Fundamentals					Athletics				
Description: This unit will focus on fundamental movement skills and fitness testing.					Description: This unit will focus on the skills and physical applications of Athletics.				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: Students will complete a self-assessment in regards to their fundamental movement skills and will also be given an A-E grade from their teacher based on their performance in Weeks 1-5.					Assessment: Students will be given an A-E grade based on their performance Weeks 6-10.				

Term 2 - 9 weeks 3 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 3 days)
Gymnastics					Striking and Fielding Games				
Description: Description: This unit will focus on balance and basic gymnastics movements					Description: This unit will focus on the applying the skills of hitting, catching and fielding in modified games				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: No assessment will be taken of this unit.					Assessment: No assessment will be taken of this unit.				

Term 3 - 9 weeks 4 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 4 days)
Invasion Games					Goal Scoring Games				
Description: This unit will focus on the skills and physical applications of Invasion Games.					Description: This unit will focus on the skills and physical applications of Goal Scoring Games.				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: Students will be given an A-E grade based on their performance in Weeks 1-5.					Assessment: Students will be given a subjective A-E grade based on their performance in Weeks 6-10.				

Term 4 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Net/Court Games					Representative Sports				
Description: This unit will focus on the skills and physical applications of Net/Court Games.					Description: This unit will enable students to choose from a range of representative sports to further develop their skills in this chosen area.				
Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14					Outcomes: 4.4, 4.5, 4.9, 4.10, 4.14				
Assessment: No assessment will be taken of this unit.					Assessment: No assessment will be taken of this unit.				