

# Year 8 PDHPE | Stage 4 | 2018

## Year 8 Health

Term 1 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
<b>Health Matters</b>									
Description: In this unit, students explore factors that affect health with an emphasis on lifestyle, physical activity and disease.									
Outcomes: 4.6, 4.10									
Assessment: Students will be given a summative A-E grade based on their responses through an in-class test 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)
<b>Up In Smoke</b>									
Description: This unit looks specifically at drug use, with an emphasis on tobacco and cannabis.									
Outcomes: 4.6, 4.7, 4.12									
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)
<b>Helping Others</b>									
Description: Students will explore first aid practices, recognising and responding during emergency situations and ways to support and help others									
Outcomes: 4.12, 4.16									
Assessment: Students will be given a summative A-E grade based on a practical examination and their classwork through a formative assessment tool.									

Term 4 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
The Three R's									
Description: Students explore the qualities of effective communication, discover the qualities of positive relationships and recognise qualities of negative relationships.									
Outcomes: 4.2, 4.3									
Assessment: No assessment will be taken of this unit.									

## Year 8 PE

Term 1 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Stick Sports					Dance				
Description: This unit will focus on the skills and physical applications of Stick Sports					Description: In this unit, students will choreograph and perform a creative dance routine.				
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 a subjective A-E grade based on their performance during Weeks 1-5.					Assessment: Students will be given a subjective A-E grade based on their creative dance routine.				

Term 2 - 9 weeks 3 days

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week 10 (Only 3 days)
Striking and Fielding Games					Goal Scoring Games				
Description: This unit will focus on the skill and physical applications of Striking and Fielding sports.					Description: This unit will focus on the skill 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: 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)
Fitness					Net/Court Games				
Description: This unit will focus on improving student's fitness and also testing students FMS and components of fitness					Description: This unit will focus on the skills and physical applications of Net/Court 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 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 4 - 10 weeks

Week1	Week2	Week3	Week4	Week5	Week6	Week7	Week8	Week9	Week10
Invasion Games					Representative Sports				
Description: This unit will focus on the skills and physical applications of Invasion 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.				