



# Newton Moore Senior High School

## Health & Physical Education

### Year 7 Physical Education

#### 2016



## Course Description

The curriculum for Year 7 supports students to refine a range of specialised knowledge, understanding and skills in relation to their health, safety, wellbeing, and movement competence and confidence. They develop specialised movement skills and understanding in a range of physical activity settings. They analyse how body control and coordination influence movement composition and performance and learn to transfer movement skills and concepts to a variety of physical activities. Students explore the role that games and sports, outdoor recreation, lifelong physical activities, and rhythmic and expressive movement activities play in shaping cultures and identities. They reflect on and refine personal and social skills as they participate in a range of physical activities.

The focus areas to be addressed in Year 7 include, but are not limited to:








- Food and nutrition (FN)
- Health benefits of physical activity (HBP)
- Safety (S)
- Challenge and adventure activities (CA)
- Games and sports (GS)
- Lifelong physical activities (LLPA)
- Rhythmic and expressive movement activities (RE).

## Course Outline

TERM	GIRLS	BOYS
1	Swimming & Athletics	Swimming & Athletics
2	Netball Soccer	Soccer Football
3	Football Hockey	Hockey Soft-Crosse
4	Basketball	Basketball

This course outline may be subject to change, any changes will be communicated to students.

## Assessment Outline

Task	Outcomes	Max Score	% Weight
 Lower School Physical Education Sem 1 Lower School Physical Education Sem 1			
..  Term 1 Term 1			
....  Task 1 T1 Skills for Physical Activity		15	30.0
....  Task 2 T1 Participation (SMS 10%, IPS 10%)		10	20.0
..  Term 2 Term 2			
....  Task 3 T2 Skills for Physical Activity		15	30.0
....  Task 4 T2 Participation		10	20.0
Total Weight			100.0

The above weightings are intended to show the importance of each task. The allocation of a grade at the end of a semester is determined based on grade related descriptors issued by School Curriculum and Standards Authority.