

# YEAR 7/8 PHYSICAL EDUCATION

Unit Outline – Term 1 2017



## SOFTBALL

### Course Description:

Students develop higher levels of skills & strategies in the game of softball. Students demonstrate these skills & strategies in a variety of challenging games at school and in the community. Students react with confidence & precision when challenged in competitive games that require effective performance of essential softball skills and strategies. Students learn to modify & develop skills & strategies by participating in a range of softball games and practices. They apply these skills when under pressure in a variety of softball contexts. Students develop, practice & apply innovative team plays to gain an advantage in competitive games of softball, with a basic understanding of the game.

### Course Outcomes:

By the end of this unit students should be able to:

- Understand the basic rules involved in a game of softball
- Perform controlled & dynamic movement skills & demonstrates sound game strategies within the rules of modified & competitive games.
- Uses self-management skills to meet personal health & physical activity needs.
- Demonstrates communication & co-operation skills that enhance interpersonal & group interaction.

### Course Organisation:

The organisation of the unit will be:

- Phys Ed lessons are two single periods per week
- Each lesson will involve a session of skill development and theory followed by a modified rules game
- A theory related written test will be given towards the end of the term

**Please note: Inclement weather, incursions, excursions, carnivals and one off sporting programs can all alter the schedule of this course.**

### Course Vocabulary:

BASE	BASES LOADED	BAT	BUNT
CATCHER	DIAMOND	FIELDER	1 <sup>ST</sup> BASEMAN
FOUL	GLOVE	INNINGS	HOME PLATE
PITCH	OVER THROW	OUTFIELD	OUT
SAFE	SHORTSTOP	STEAL	2 <sup>ND</sup> BASEMAN
STRIKE	3 <sup>RD</sup> BASEMAN	WALK	TAG

**Course Timeline:**

<b>Wk</b>	<b>Activity</b>	<b>Assessment</b>
1	Introduction Game: Teacher can gauge the level of skill demonstrated from the students.	<b>On-going Skill Development Assessment:</b> Using the Outcome & Standards Checklist in Physical Education.
2	Pitching Modified Game	<b>On-going Skill Development Assessment:</b> Using the Outcome & Standards Checklist in Physical Education.
3	Batting Modified game	<b>On-going Skill Development Assessment:</b> Using the Outcome & Standards Checklist in Physical Education.
4	Catching Modified game	<b>On-going Skill Development Assessment:</b> Using the Outcome & Standards Checklist in Physical Education.
5	Scoring and rules	<b>On-going Skill Development Assessment:</b> Using the Outcome & Standards Checklist in Physical Education.

## - Assessment Outline -

**Course Assessment:**

<b>Wk</b>	<b>Assessment type</b>	<b>Weighting</b>	<b>Outcomes Assessed</b>
1-5	<b>On-going Skill Development Assessment:</b> Using the Outcome & Standards Checklist in Physical Education.	100% Observation, Competency based & Teacher judgement.	Skills for Physical Activity  Self Management Skills  Inter-personal Skills
7	<b>Written Test</b>	20%	Understanding of the various rules and skills that have been taught throughout the unit

\*specific marks to be advised

**Specific Equipment required for each lesson:**

- Enclosed sport shoes.
- Hat.
- Sunscreen is provided.
- Water bottle, however, water fountains available.
- Water bottle, however, water fountains available.