

YEAR 7 PHYSICAL EDUCATION

TERM 2

- Unit Outline -



Course Description:

Students will be participating in Cross Country practice as well as playing both football and netball this term. Students will have the opportunity to demonstrate skills and strategies in a variety of challenging games at school and develop fitness and endurance with runs of increasing distance. Students react with confidence & precision when challenged in competitive games that require effective performance of essential football and netball skills and strategies. Students learn to modify & develop skills & strategies by participating in a range of games and practices. They apply these skills when under pressure in a variety of contexts. Students develop, practice & apply innovative team plays to gain an advantage in competitive games of both football and netball. The netball sub-unit will be run as student centred approach, where students are responsible for coaching, organising and structuring their teams and for umpiring the games.

Course Outcomes:

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

- Demonstrate control and accuracy when performing specialised movement skills, including gaining control of a moving ball, hand passing and kicking for accuracy (football) and throwing, catching, shooting, defending (netball) and moving in to space in order to receive a pass (both).
- Apply and refine movement concepts and strategies to suit different movement situations.
- Demonstrate sound game strategies within the rules of modified and competitive games.
- Uses self-management skills to meet physical activity needs.
- Demonstrates communication and co-operation skills that enhance interpersonal and group interaction.

Course Organisation:

Student's activities will include:

- All lessons are practical sessions. Football and Cross Country practice will be the focus for the first 5 weeks of term with netball the focus for the last 5 weeks of the term.
- For the first 5 weeks, students will spend roughly 15 minutes running/walking for fitness, then playing football games. The following 5 weeks will be structured so student spend approximately 20 minutes completing warm up drills and skill, followed by a 30 minute game.
- The games will allow students to apply the skills learnt to a competitive environment where higher levels of skill can be demonstrated.

Course Timeline:

Wk	Activity	Assessment
1-5	Skills and game situation <ul style="list-style-type: none">• Running for fitness• Football game•	Ongoing skill development assessment
6-10	Skills and game situation <ul style="list-style-type: none">• Teams to play a set of fixtures for the term, to ensure each team play the other twice over the term.	Skill development assessment And Assessment of application of skills in a game situation.

	<ul style="list-style-type: none"> • Skills focus each week <ol style="list-style-type: none"> 1. Throwing and catching 2. Defending 3. Shooting Leading Game strategies 	
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Course Vocabulary:

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| <ul style="list-style-type: none"> • goal • lead • handpass • control • lead • space • defence • attack • court • oval • the various positions of both football and netball | <ul style="list-style-type: none"> • tackle • third • ruck • chest pass • shoulder pass • shoot • obstruction • contact • penalty |
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- Assessment Outline -

Course Assessment:

Wk	Assessment type	Weighting	Marks achieved	Your Total
1-4	Ongoing skills assessment based on the Outcomes and Standards in Education checklist	10%		
5	Application skills in a game situation	35%		
6-8	Ongoing skills assessment based on the Outcomes and Standards in Education checklist	10%		
9	Application skills in a game situation	35%		
1-9	Behaviour and attitude	10%		

**specific marks to be advised and are subject to change*

Specific Equipment required for each lesson:

- Closed in sports shoes
- Drink bottle is advised
- Hat (part of the compulsory school uniform for Year 7s and 8s)