

# YEAR 8 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	<b>Skills and game situation</b> <ul style="list-style-type: none"><li>• Running for fitness</li><li>• Football game</li><li>•</li></ul>	Ongoing skill development assessment
6-10	<b>Skills and game situation</b> <ul style="list-style-type: none"><li>• Teams to play a set of fixtures for the term, to ensure each team play the other twice over the term.</li></ul>	Skill development assessment And Assessment of application of skills in a game situation.

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

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