YEAR 7&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:

<table>
<thead>
<tr>
<th>Wk</th>
<th>Activity</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td><strong>Skills and game situation</strong></td>
<td>Ongoing skill development assessment</td>
</tr>
<tr>
<td></td>
<td>• Running for fitness</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Football game</td>
<td></td>
</tr>
<tr>
<td>6-10</td>
<td><strong>Skills and game situation</strong></td>
<td>Skill development assessment And Assessment of application of skills in a game situation.</td>
</tr>
<tr>
<td></td>
<td>• Teams to play a set of fixtures for the term, to ensure each team play the other twice over the term.</td>
<td></td>
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</tbody>
</table>
• Skills focus each week
  1. Throwing and catching
  2. Defending
  3. Shooting
  Leading Game strategies

Course Vocabulary:
• goal
• lead
• handpass
• control
• lead
• space
• defence
• attack
• court
• oval
• the various positions of both football and netball

- Assessment Outline -

Course Assessment:

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

*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)