

Year 7 Physical Education 2017 Semester 2 COURSE OUTLINE			Victorian Curriculum
Week	Topic	Learning Focus	Strands and substrands
1-6	<b>Movement-gymnastics</b>	<p><b>Skill session</b></p> <ul style="list-style-type: none"> <li>• Determine levels of confidence and skill.</li> <li>• Practice activities which reinforce the personal development skills of: persistence, independence, resilience, organisation, goal setting and personal best.</li> <li>• Practice the following foundations of movement: spring, flight, travel, rotation and balances.</li> <li>• Focus on improving individual fitness in the components of: flexibility, balance, power, strength and agility through goal setting and practice (school and home).</li> <li>• Demonstrate good body tension and extension in movements and know how to vary these to obtain maximum control.</li> <li>• Understand the principles of rotation and how altering body shape and speed affects rotation.</li> <li>• Understand the importance of positioning of the centre of gravity over the base of support</li> <li>• Develop and refine skills on: floor, ropes, balance beam, vault, mini tramp, roman rings, parallel bars, uneven bars and horizontal bars.</li> </ul>	<p><b>1.Moving the body</b></p> <p>1A. Use feedback to improve body control and coordination when performing specialised movement skills</p> <p>1B.Compose and perform movement sequences for specific purposes in a variety of contexts</p> <p>1C.Practise, apply and transfer movement concepts and strategies</p>
7-8	<b>Movement -dance</b>	<ul style="list-style-type: none"> <li>• Learn basic steps and movements common to dances.</li> <li>• Develop and refine dance technique and styles.</li> <li>• Develop a sense of timing and rhythm</li> <li>• Provide an opportunity for social interaction.</li> <li>• Provide an opportunity to be creative.</li> </ul>	<p><b>2.Understanding Movement</b></p> <p>2B.Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance</p>

			<p>2C.Participate in and investigate the cultural and historical significance of a range of physical activities</p> <p><b>3.Learning through movement</b></p> <p><b>3A.</b>Practise and apply personal and social skills when undertaking a range of roles in physical activities</p>
9-10	<b>Fitness</b>	<ul style="list-style-type: none"> <li>• Assess individual fitness.</li> <li>• Explain the impact of physical activity on health and fitness.</li> <li>• Reinforce fitness components, heart rate, training effects and National Physical Activity Guidelines.</li> </ul>	<p><b>2.Understanding Movement</b></p> <p><b>2A.</b>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</p>
11 - 18	<p>Kicking /Striking Sports</p> <p>Soccer &amp; Softball</p>	<ul style="list-style-type: none"> <li>• Development of : <ul style="list-style-type: none"> <li>Timing</li> <li>Hand/foot eye coordination</li> <li>Strategic thinking</li> <li>Decision making</li> <li>Self-evaluation</li> </ul> </li> <li>• Application of a combination of motor skills, strategies and tactics to improve individual and team performance</li> <li>• Through team activities develop the skills of <ul style="list-style-type: none"> <li>Team work</li> <li>Sportsmanship</li> <li>Responsibility</li> <li>Collaboration</li> <li>Leadership</li> </ul> </li> <li>• Understand game rules, officiating and scoring</li> <li>• Improve /maintain fitness</li> </ul>	<p><b>1.Moving the body</b></p> <p><b>1A.</b> Use feedback to improve body control and coordination when performing specialised movement skills</p> <p><b>3.Learning through movement</b></p> <p><b>3B.</b>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</p> <p><b>3C.</b>Modify rules and scoring systems to allow for fair play, safety and inclusive participation</p>