

Year 8 Physical Education 2017 Semester 2 COURSE OUTLINE			Victorian Curriculum
Week	Topic	Learning Focus	Strands and substrands
1-6	Movement-gymnastics	<p>Skill session</p> <ul style="list-style-type: none"> • Determine levels of confidence and skill. • Practice activities which reinforce the personal development skills of: persistence, independence, resilience, organisation, goal setting and personal best. • Practice the following foundations of movement: spring, flight, travel, rotation and balances. • Focus on improving individual fitness in the components of: flexibility, balance, power, strength and agility through goal setting and practice (school and home). • Demonstrate good body tension and extension in movements and know how to vary these to obtain maximum control. • Understand the principles of rotation and how altering body shape and speed affects rotation. • Understand the importance of positioning of the centre of gravity over the base of support • Develop and refine skills on: floor, ropes, balance beam, vault, mini tramp, roman rings, parallel bars, uneven bars and horizontal bars. 	<p>1.Moving the body</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	Movement - dance	<ul style="list-style-type: none"> • Learn basic steps and movements common to dances. • Develop and refine dance technique and styles. • Develop a sense of timing and rhythm • Provide an opportunity for social interaction. • Provide an opportunity to be creative. 	<p>2.Understanding Movement</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>3.Learning through movement</p> <p>3A.Practise and apply personal and social skills when undertaking a range of roles in physical activities</p>
9-10	Fitness	<ul style="list-style-type: none"> • Assess individual fitness. • Explain the impact of physical activity on health and fitness. • Reinforce fitness components, heart rate, training effects and National Physical Activity Guidelines. 	<p>2.Understanding Movement</p> <p>2A.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 & Softball</p>	<ul style="list-style-type: none"> • Development of : <ul style="list-style-type: none"> Timing Hand/foot eye coordination Strategic thinking Decision making Self-evaluation • Application of a combination of motor skills, strategies and tactics to improve individual and team performance • Through team activities develop the skills of <ul style="list-style-type: none"> Team work Sportsmanship Responsibility Collaboration Leadership • Understand game rules, officiating and scoring • Improve /maintain fitness 	<p>1.Moving the body</p> <p>1A. Use feedback to improve body control and coordination when performing specialised movement skills</p> <p>3.Learning through movement</p> <p>3B.Evaluate and justify reasons for decisions and choices of action when solving movement challenges</p> <p>3C.Modify rules and scoring systems to allow for fair play, safety and inclusive participation</p>