

<b>Year 7 Physical Education 2018 Semester 2 COURSE OUTLINE</b>			<b>Victorian Curriculum</b>
<b>Week</b>	<b>Topic</b>	<b>Learning Focus</b>	<b>Strands and substrands</b>
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>Use feedback to improve body control and coordination when performing specialised movement skills (VCHPE133)</p> <p>Compose and perform movement sequences for specific purposes in a variety of contexts (VCHPE134)</p> <p>Practise, apply and transfer movement concepts and strategies (VCHPE135)</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>Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance (VCHPE137)</p>

			<p>Participate in and investigate the cultural and historical significance of a range of physical activities (VCHPE138)</p> <p><b>3.Learning through movement</b></p> <p>Practise and apply personal and social skills when undertaking a range of roles in physical activities (VCHPE139)</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>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (VCHPE136)</p>
11 - 18	<p>Kicking /Striking Sports</p> <p>Focus sports:</p> <ul style="list-style-type: none"> <li>- AFL</li> <li>- cricket</li> <li>- tennis</li> </ul>	<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>Use feedback to improve body control and coordination when performing specialised movement skills (VCHPE133)</p> <p><b>3.Learning through movement</b></p> <p>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (VCHPE140)</p> <p>Modify rules and scoring systems to allow for fair play, safety and inclusive participation (VCHPE141)</p>