

Year Level: 8

Subject: Physical Education

Semester: 2

Week	Unit	Learning Focus	Victorian Curriculum
1-6	Movement – gymnastics	<p>Practice activities which reinforce the personal development skills of: persistence, independence, resilience, organisation, goal setting and personal best.</p> <p>Practice the following foundations of movement: spring, flight, travel, rotation and balances.</p> <p>Focus on improving individual fitness in the components of: flexibility, balance, power, strength and agility through goal setting and practice (school and home).</p> <p>Demonstrate good body tension and extension in movements and know how to vary these to obtain maximum control.</p> <p>Understand the principles of rotation and how altering body shape and speed affects rotation.</p> <p>Understand the importance of positioning of the centre of gravity over the base of support</p> <p>Develop and refine skills on: floor, ropes, balance beam, vault, mini tramp, roman rings, parallel bars, uneven bars and horizontal bars.</p>	<p>1.Moving the body</p> <p>Use feedback to improve body control and coordination when performing specialised movement skills (VCHPEM133)</p> <p>Compose and perform movement sequences for specific purposes in a variety of contexts (VCHPEM134)</p> <p>Practise, apply and transfer movement concepts and strategies (VCHPEM135)</p>
7-8	Movement – dance	<p>Learn basic steps and movements common to dances.</p> <p>Develop and refine dance technique and styles.</p> <p>Develop a sense of timing and rhythm</p> <p>Provide an opportunity for social interaction.</p> <p>Provide an opportunity to be creative.</p>	<p>2.Understanding Movement</p> <p>Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance (VCHPEM137)</p>
9-10	Fitness	<p>Assess individual fitness.</p> <p>Explain the impact of physical activity on health and fitness.</p> <p>Reinforce fitness components, heart rate, training effects and National Physical Activity Guidelines.</p>	<p>2. Understanding movement</p> <p>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness (VCHPEM136)</p>

11-18	Kicking /Striking Sports Soccer & Softball	<p>Development of:</p> <ul style="list-style-type: none"> Timing Hand/foot eye coordination Strategic thinking Decision making Self-evaluation <p>Application of a combination of motor skills, strategies and tactics to improve individual and team performance</p> <p>Through team activities develop the skills of</p> <ul style="list-style-type: none"> Team work Sportsmanship Responsibility Collaboration Leadership <p>Understand game rules, officiating and scoring</p> <p>Improve /maintain fitness</p>	<p>1. Moving the body Practise, apply and transfer movement concepts and strategies (<u>VCHPEM135</u>)</p> <p>3. Learning through movement Practise and apply personal and social skills when undertaking a range of roles in physical activities (<u>VCHPEM139</u>) Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<u>VCHPEM140</u>)</p>