

Year 8 Physical Education 2018 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>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 (VCHPE134)</p> <p>Practise, apply and transfer movement concepts and strategies (VCHPE135)</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>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>3.Learning through movement Practise and apply personal and social skills when undertaking a range of roles in physical activities (VCHPE139)</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>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"> - AFL - cricket -tennis 	<ul style="list-style-type: none"> • Development of : 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 Team work Sportsmanship Responsibility Collaboration Leadership • Understand game rules, officiating and scoring • Improve /maintain fitness 	<p>1.Moving the body</p> <p>Use feedback to improve body control and coordination when performing specialised movement skills (VCHPE133)</p> <p>3.Learning through movement</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>