

**Year Level: 7**

**KLA: HPE**

**Subject: Physical Education**

Week	Unit	Learning Focus	
1	Introduction and Fitness	<p>State expectations and values, demonstrating what a respectful and effective P.E. class looks like.</p> <p>Practise activities which reinforce the personal development skills of: persistence, independence, resilience, organisation, goal setting and personal best.</p> <p>Develop interpersonal skills of teamwork, sportsmanship, responsibility and collaboration.</p>	<p>Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (<u>VCHPEP128</u>)</p> <p>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (VCHPEM136)</p>
2-5	Aquatics	<p>Determine levels of confidence and skill.</p> <p>Focus on improving individual fitness.</p> <p>Develop and refine stroke technique.</p> <p>Reinforce water safety.</p>	<p>Use feedback to improve body control and coordination when performing specialized movement skills (<u>VCHPEM133</u>)</p>
6-9	Run, jump and throw (Athletics)	<p>Focus on improving individual fitness through goal setting.</p> <p>Demonstrate correct technique and practise. Explain rules of competition.</p>	<p>Use feedback to improve body control and coordination when performing specialized movement skills (<u>VCHPEM133</u>)</p>

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>Participate in physical activities that develop health-related and skill-related fitness components and create and monitor personal fitness (<a href="#">VCHPEM136</a>)</p>
11-20	Throwing and Catching	<p>Reinforce general throwing and catching principles Introduce games to practise offence and defence Introduce team strategies</p>	<p>Practice, apply and transfer movement concepts and strategies (<a href="#">VCHPEM135</a>)</p> <p>Practice and apply personal and social skills when undertaking a range of roles in physical activities (<a href="#">VCHPEM139</a>)</p> <p>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<a href="#">VCHPEM140</a>)</p>
21-23	Striking sports (Volleyball)	<p>Introduce and practice skills of: set, dig, serve, block and spike.</p> <p>Use modified games to develop confidence and skills.</p> <p>Develop interpersonal skills of teamwork, sportsmanship, responsibility and collaboration.</p> <p>Learn competition rules and develop proficiency in scoring, umpiring, coaching, team management and administration.</p> <p>Cooperate to develop team strategies.</p> <p>Run a round robin competition.</p> <p>Perform a skills assessment (pre and post-test).</p>	<p>Practice, apply and transfer movement concepts and strategies (<a href="#">VCHPEM135</a>)</p> <p>Practice and apply personal and social skills when undertaking a range of roles in physical activities, (<a href="#">VCHPEM139</a>)</p> <p>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<a href="#">VCHPEM140</a>)</p>

24-27	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 Develop and refine skills on: floor, ropes, balance beam, vault, mini tramp, roman rings, parallel bars, uneven bars and horizontal bars.</p>	<p>Use feedback to improve body control and coordination when performing specialized movement skills (VCHPEM133)</p> <p>Compose and perform movement sequences for specific purposes in a variety of contexts (VCHPEM134)</p> <p>Practice, apply and transfer movement concepts and strategies (VCHPEM135)</p>
28-29	Dance	<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>Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance (VCHPEM137)</p>

30	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>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness (<a href="#">VCHPEM136</a>)</p>
31-40	Kicking /Striking Sports (AFL)	<p>Development of: Timing Hand/foot eye coordination Strategic thinking Decision making Self-evaluation</p> <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 Team work Sportsmanship Responsibility Collaboration Leadership.</p> <p>Understand game rules, officiating and scoring Improve /maintain fitness</p>	<p>Practice, apply and transfer movement concepts and strategies (<a href="#">VCHPEM135</a>)</p> <p>Practice and apply personal and social skills when undertaking a range of roles in physical activities, (<a href="#">VCHPEM139</a>)</p> <p>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<a href="#">VCHPEM140</a>)</p>