

Year Level: 8

KLA: HPE

Subject: Physical Education

Week	Unit	Learning Focus	Victorian Curriculum
1	Introduction/Fitness	<p>State expectations and values, demonstrating what a respectful and effective P.E. class looks like.</p> <p>Practice activities which reinforce the personal development skills of: persistence, independence, resilience, organization, goal setting and personal best.</p> <p>Develop interpersonal skills of teamwork, sportsmanship, responsibility and collaboration.</p>	<p>Analyze factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (<u>VCHPEP128</u>)</p> <p>Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (<u>VCHPEP127</u>)</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	<p>Focus on improving individual fitness through goal setting.</p> <p>Demonstrate correct technique and practice.</p> <p>Explain rules of competition.</p>	<p>Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance (<u>VCHPEM137</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 (<u>VCHPEM136</u>)</p>
11-20	Throw and Catch (Netball)	<p>Reinforce general throwing and catching principles.</p> <p>Introduce games to practice offence and defense.</p> <p>Introduce team strategies</p>	<p>Practice, apply and transfer movement concepts and strategies (<u>VCHPEM135</u>)</p> <p>Practice and apply personal and social skills when undertaking a range of roles in physical activities (<u>VCHPEM139</u>)</p> <p>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<u>VCHPEM140</u>)</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 (<u>VCHPEM135</u>)</p> <p>Practice and apply personal and social skills when undertaking a range of roles in physical activities (<u>VCHPEM139</u>)</p> <p>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<u>VCHPEM140</u>)</p>

24-27	Gymnastics	<p>Practice activities which reinforce the personal development skills of: persistence, independence, resilience, organization, 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>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>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>Demonstrate and explain how the elements of effort, space, time, objects and people can enhance performance (VCHPEM137)</p>
30	Fitness	<p>Assess individual fitness. 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 (VCHPEM136)</p>

31-40	Kicking /Striking Sports (AFL)	<p>Development of: Timing</p> <p>Hand/foot eye coordination Strategic thinking</p> <p>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 Understand game rules, officiating and scoring</p> <p>Improve /maintain fitness</p>	<p>Practice, apply and transfer movement concepts and strategies (<u>VCHPEM135</u>)</p> <p>Practice and apply personal and social skills when undertaking a range of roles in physical activities (<u>VCHPEM139</u>)</p> <p>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<u>VCHPEM140</u>)</p>
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