



Highfields State
Secondary College

Semester 1 Course Overview

Faculty: Health and Physical Education
Year level: 9
Duration: 20 weeks

Course Outline

The Australian Curriculum: Health and Physical Education is organised in two content strands: Personal social and community health, and Movement and physical activity.

Term 1	Term 2
<p>Health Unit 1: <i>Respectful Relationships</i></p> <p>In this unit students examine the changes they are going through as their sexuality develops, and the impact these have on relationships. Students investigate the consequences of sexual activity and disrespectful relationships on health and wellbeing. They evaluate situations and propose appropriate responses, as they reflect on possible outcomes and make decisions in relationship contexts.</p> <p>Assessment – Case Study Research</p> <p>Students will complete a case study. They will read a scenario and answer questions.</p> <p>The assessment will gather evidence of the student’s ability to critically analyse contextual factors that influence their identities, sexuality, relationships, decisions and behaviours.</p>	<p>Health Unit 2: <i>Sustainable Health Challenge</i></p> <p>In this unit students identify factors that contribute to sustainable health such as regular physical activity, balanced nutrition, a healthy state of mind and community connection. They examine the external influences that could impact on their ability to make good decisions and plan a response that promotes community health practices and addresses an identified sustainable health concern.</p> <p>Assessment - Research</p> <p>Students will complete a multimodal presentation. They will research information and produce a multimodal in response to an issue or decision.</p> <p>The assessment will gather evidence of the student’s ability to access, synthesise and apply health information from credible sources to propose and justify responses to health situations.</p>
<p>Movement Unit 1: <i>Strike Out (10 weeks)</i></p> <p>In this unit students will evaluate their own and/ or others’ performance of movement skills used in a striking and fielding games. They will make their judgments and provide feedback using criteria based on the elements of movement – effort, space, time, objects and people. They will use the criteria and feedback to refine their performance.</p> <p>Assessment</p> <p>Students will be assessed continually on development of practical skills in drill and game play situations. They refine their own and others’ specialised movement skills and movement performances.</p>	<p>Movement Unit 2: <i>Space Invaders (10weeks)</i></p> <p>In this unit, students develop their teamwork skills and their capacity to apply and transfer concepts and strategies in invasion games.</p> <p>Students will:</p> <ul style="list-style-type: none"> • develop knowledge and understanding of the nature of attack and defence strategies in invasion games • demonstrate leadership, fair play and cooperation across a range of invasion game contexts • apply and transfer movement concepts and attack and defense strategies to invasion games <p>Assessment</p> <p>Students will be assessed continually on development of practical skills in drill and game play situations. They refine their own and others’ specialised movement skills and movement performances.</p>