



Highfields State
Secondary College

Semester 1 Course Overview

Faculty: Health and Physical Education
Year level: 8
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
Health Unit 1: Food for Life	Movement Unit 2: Get you motor running
<p>In this unit students will explore dietary options for adolescents and the social and cultural influences on this. They will identify health concerns and explore the information used by them to facilitate choice. An evaluation of these materials will be completed by students and they will select strategies for planning and maintaining a healthy diet.</p> <p>Assessment – Action Research Task</p> <p><i>Students complete a food quiz and use the data gained from this to consider their own eating habits and potential future goals. They justify this plan with regards to the health eating guidelines.</i></p>	<p>In this unit, students will investigate, develop and apply a personal fitness plan to improve fitness and movement skills within the context of touch football. They will apply elements of space, time, effort and relationships to compose and perform touch football skill sequences.</p> <p>Assessment – a) Project (Fitness Plan) b) Analytical Essay (Exam) c) Touch performance</p> <p>Students will develop and document a plan to improve sport-related fitness in the game of Touch and demonstrate their ability to apply understanding to benefit the fitness of others. Students will also be assessed continually on development of practical skills in drill and game play situations.</p>
Movement Unit 1: Groovy Greens (10 weeks)	
<p>In this unit students will develop and perform full swing, chipping and putting strokes with control and accuracy. They will apply and refine golf strokes and strategies in different golf activities.</p> <p>Assessment</p> <p>Students will be assessed continually on development of practical skills in drill and game play situations.</p>	