# YEAR 7 PHYSICAL EDUCATION Work Plan - Semester 2 2017 – 7C Ms Oakley, 7D Mr Hayes

This work plan was last updated on Thursday, 10 August 2017. The contents are subject to change – students will be advised in advance of any changes - regularly check for updates.

<table>
<thead>
<tr>
<th>UNIT</th>
<th>TERM 3 TOPICS</th>
<th>ASSESSMENT</th>
<th>DUE DATE</th>
</tr>
</thead>
</table>
| 4    | Movement (Dance) 6 weeks  7C weeks 1 – 6  7D weeks 6 – Term 4 wk 1  
- Coordination, rhythm, teamwork, spatial awareness  
- Performance of various skills and techniques taught in class and choreographed into a routine using these skills. Work/interact in small groups, team work.  
Volleyball – 5 weeks  7D week 1 – 5  7C weeks 6 – week 1 term 4  
- Knowledge and understanding of rules and court structure  
- Demonstration of basic level accuracy – dig, spike, set, serve, block  
- Understanding Fitness – movement on court, covering areas on court  
- Understanding a plan of base level attack  
- Understanding a plan of base level defense  
- Working as a team  
Health – Approaching adolescence - 6 weeks  
- Adolescence – transition impacts on identity  
- Impacts of physical change on identity | Continual observations from week 1-5.  
Final assessment in form of group routine performance in week 6 HPE lesson.  
Practical assessment ongoing | DANCE  
WK 6 – 7C 14/8  
WK 2 Term 4 – 7D  
VOLLEYBALL  
Ongoing assessment during class  
HEALTH  
7C – WK 8 L4 31/8  
7D – WK 7 L2 22/8 |
| 5    | Volleyball - Week 1 – 2  7C Dance week 1-2 – 7D  
Water Polo – weeks 3 -9  
- Swimming skills - treading water, moving quickly in the water, changing directions, generating speed.  
- Ball control – passing, possession of ball, grip with one hand, passing with confidence.  
- Defence work – how to mark a player, covering areas of field in defence, moving quickly to positions.  
Health – Active Aussis’ (1 lesson per fortnight)  
- Role of physical activity and Australian cultural identity  
- Changes in physical activity sport and outdoor recreation  
- Changing cultural identity in physical activity | Continuous in class assessment  
Students aim to improve stamina, strength and cardiovascular endurance as well as confidence and skills in surf survival and resuscitation practices. Observations in class.  
Waterpolo quiz  
Assignment task | Ongoing weekly assessment on each skill  
Week 9  
7C – L1 28/11  
7D – L2 28/11  
Week 8  
7C- L4 23/11  
Week 7  
7D- L2 14/11 |