### YEAR 7 PHYSICAL EDUCATION Work Plan: Semester 2, 2018 – Ms Oakley, Mr Hayes, Mr Palmer

**UNIT** | **TERM 3 TOPICS** | **ASSESSMENT** | **DUE DATE**
---|---|---|---
4 | Movement (Dance) 6 weeks  
- 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. | Continual observations from week 1-5.  
Final assessment in form of group routine performance in week 6 HPE lesson. | Week 6  
A 22/8/18  
B 20/8/18  
C 21/8/18  
D 22/8/18 |
Volleyball – 5 weeks  
- 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 | Practical assessment ongoing  
VOLLEYBALL Ongoing assessment during class | |
5 | Health – Approaching adolescence - 6 weeks  
- Adolescence – transition impacts on identity  
- Impacts of physical change on identity | 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 | Ongoing weekly assessment on each skill  
Week 8  
A 28/11/18  
B 26/11/18  
C 27/11/18  
D 28/11/18 |
### UNIT 4 TOPICS

**TERM** | **TOPICS** | **ASSESSMENT** | **DUE DATE**
---|---|---|---
6 | Water Polo – 6 weeks  
- 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. | 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 | Ongoing weekly assessment on each skill  
Week 8  
A 28/11/18  
B 26/11/18  
C 27/11/18  
D 28/11/18 |
Health – Active Aussies’ (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 | Assignment task |