7 HEALTH & PHYSICAL EDUCATION I  

Teacher: Ian Mongan

Course Description
Students are introduced to basic skills and knowledge of a variety of games and themes to assist their healthy participation in daily life. Core units include fitness, courts, field, cross country, health and indoor.

Learning Outcomes

PHYSICAL ACTIVITY AND SPORTS UNIT
- Demonstration of skill development/improvement
- Demonstration of knowledge and application of rules and concepts
- Student uses participation to instruct, train or include others

HEALTH STUDIES
- Demonstration of knowledge and understanding of topics
- Contribution to class activities
- Completion of assignment and written work
- Understands and applies strategies that address hygiene, health and safety in Physical Education
- Understands and applies strategies that address the school SunSmart policy

FITNESS
- Demonstrate an improved level of fitness
- Level of participation

Work Practice Outcomes

- Comes prepared for class
- Displays acceptable behaviour
- Works cooperatively
- Displays positive attitude

Materials Required

Students are required to change into appropriate PE clothing for each PE lesson (light blue shirt, joggers and shorts/tracksuit). It is also necessary for students to bring a water bottle, hat and sunscreen where possible. Mobile phones may be used as part of the class in consultation with the teacher.

Typical Homework

Students are required to catch up on any missed work and devote some time to assignments and test preparation during the health unit.

Assessment Items

<table>
<thead>
<tr>
<th>Assessment Items</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>Health class contribution and bookwork</td>
<td>Week 6</td>
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<tr>
<td>Health Test</td>
<td>Week 6</td>
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<tr>
<td>Skill development</td>
<td>Ongoing</td>
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<tr>
<td>Knowledge of rules and objectives</td>
<td>Ongoing</td>
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<tr>
<td>Fitness development</td>
<td>Ongoing</td>
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<tr>
<td>Participation, teamwork, contribution</td>
<td>Ongoing</td>
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<tr>
<td>Compliance with strategies that address hygiene, health and safety</td>
<td>Ongoing</td>
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</tbody>
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