8 HEALTH & PHYSICAL EDUCATION I  
Teacher: Amy Wilson

**Course Description**
Students will develop the skills and knowledge necessary for participation in a broad range of sports. Core units include dance, fitness, courts, field, indoor, cross country and health.

**Learning Outcomes**

**PHYSICAL ACTIVITY AND SPORTS UNITS**
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

**DANCE**
Demonstration of skills
Social development

**FITNESS**
Demonstrate an improved level of fitness
Level of participation
Understands and applies strategies that address hygiene, health and safety in Physical Education

**Work Practice Outcomes**
Comes prepared for class
Displays acceptable behaviour
Works cooperatively
Displays a 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</th>
<th>Due Date</th>
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<tbody>
<tr>
<td>Knowledge of rules and objectives</td>
<td>Ongoing</td>
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<tr>
<td>Skill development</td>
<td>Ongoing</td>
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<tr>
<td>Participation, teamwork, contribution</td>
<td>Ongoing</td>
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<tr>
<td>Class contribution and bookwork</td>
<td>Ongoing</td>
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<tr>
<td>Health Assignment</td>
<td>Week 17</td>
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<td>Health Test</td>
<td>Week 18</td>
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