7 HEALTH & PHYSICAL EDUCATION I

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/track suit). 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 10</td>
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<tr>
<td>Health Test</td>
<td>Week 10</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>
</tr>
<tr>
<td>Compliance with strategies that address hygiene, health and safety</td>
<td>Ongoing</td>
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</tbody>
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