

Year 7 - PDHPE 2022

TERM 1

Theory: Think Safe, Act Safe, Be Safe

In this unit, students will examine and develop different strategies to ensure their safety, and the safety of others in a range of contexts, including online, on the road, in the sun and in the water. Students recognise potentially unsafe environments and describe strategies to promote their own and others' health, safety and wellbeing in a variety of real-life situations.

Practical: Initiative Games and Athletics

Throughout the term, students participate in initiative/challenge and athletic based activities. These activities are designed to develop teamwork, cooperation, problem-solving and enhance body control, body awareness, object manipulation, anticipation and timing.

UNIT OVERVIEW

ASSESSMENT

THEORY:

- Changing nature of personal identity in various contexts
- Identifies areas for improvement in different situations – literacy focus (letter)
- Road safety
- Sun Safety
- Bullying and Cybersafety
- Water Safety
- Saving a life
- DRSABCD action plan
- Variations of CPR
- Water safety
- Watching out for dangers
- Dangers in the waterways
- Water safety rules
- Rescue techniques
- Other conditions
- Recognising an unsafe situation

PRACTICAL:

- Fundamental movement skills
- King ball
- End-zone
- Swedish longball
- Capture the Flag
- Cross the river
- Three ball soccer
- Athletics

Task Number: 1

Nature of Task: Water Safety
 Persuasive writing task
 Percentage: 40%
 Week 8
 Reported: Semester 1

Task Number: 2

Nature of Task: Cumulative practical effort and application of skills in different initiative games
 Percentage: 40%
 Week: Throughout Semester 1
 Reported: Semester 1

TIMING
 Weeks
 2-11

TERM 2

Theory: A Healthy You

Students develop the knowledge, understanding and skills to empower them to make healthy and safe choices and take action to promote the health and wellbeing of their communities. Students will examine the benefits of a balanced lifestyle and explore strategies for promoting a lifetime of physical activity to lead healthy, safe and active lives.

Practical: Athletics and Fit for Life

Students will continue with the Athletics unit, taking a strong focus on skill development and body control. Students will then perform physical activities that improve health and skill-related components of fitness. Students will evaluate individual responses to a range of physical activities including heart rate, breathing rate, ability to talk and perceived exertion in order to monitor the body's reaction to a range of physical activities.

UNIT OVERVIEW

ASSESSMENT

TIMING
Weeks 1-10

THEORY:

- Terminology related to dimensions of health and fitness – Health literacy focus
- Explore the different perceptions of health and wellbeing
- Examine the relationship between cognitive, physical, social, emotional and spiritual components of health perceptions of risk
- Dietary Guidelines – Healthy balance diet vs Unhealthy diet
- Recommendation for physical activity for teenagers
- Benefits of physical activity
- SMARTER Goals
- Recommendation for sleep for teenagers
- Benefits of sleep
- Effects of lack of sleep

PRACTICAL:

- Athletics
- Roll the Dice
- Shuttle activities
- Fitness Circuits

Task Number: 3

Nature of Task: Muscular endurance and cardiovascular tests
Percentage: 10%
Week: Throughout Term 2
Reported: Semester 1

Task Number 4:

Nature of Task Sports Knowledge Quiz- Athletics
Percentage: 10%
Week: 3-4
Reported: Semester 1

TERM 3

Theory: Respectful Relationships

In this unit, students identify different types of relationships and develop an understanding of the qualities of healthy and respectful relationships. Students explore power in relationships and investigate strategies to positively respond to bullying or harassment and where to seek help.

Practical: Invasion Games

Throughout the term, students participate in movement activities that demonstrate and reinforce the transfer of skills across different movement contexts. Students will create and perform movement sequences that solve tactical problems, defending space and achieving and retaining possession. Students participate in physical activities including competitive and non-competitive, individual and team activities.

UNIT OVERVIEW

ASSESSMENT

THEORY:

- Types of relationships
- Rights and responsibilities of individuals
- Healthy and unhealthy relationships
- Qualities of relationships
- Relationship skills
- Exploring how influences positively or negatively affect relationships
- Gender stereotypes
- Power in relationships
- Types of bullying
- Identifying and responding to harassment
- Identifying and responding to bullying
- Seeking help

PRACTICAL:

- Soccer
- AFL

Task Number 5:

Nature of Task: Sleep Diary Task
 Percentage: 40%
 Week: 7- 8
 Reported: Semester 2

Task Number 7:

Nature of Task: Muscular endurance and cardiovascular tests and Soccer/AFL Skills Tests
 Percentage: 20%
 Week: Throughout Term 3
 Reported: Semester 2

Task Number 8:

Nature of Task: Sports Knowledge Quiz- AFL, Soccer
 Percentage: 10%
 Term 3: Weeks 8-9
 Reported: Semester 2

TIMING

Weeks 1-10

TERM 4

Theory: Coping Skills

In this unit, students will discuss strategies for coping with loss and grief and ways of giving support to others. Students learn about resilience and how to respond positively to life challenges. Students will develop an understanding of mental health disorders and investigate and develop personal plans for promoting the positive mental health and wellbeing of themselves and others.

Practical: Striking and Court Games

Throughout the term, students will engage in a range of striking and court based games. Student practise and refine fundamental and specialised movement skills in predictable and dynamic learning environments. Students refine strategies and tactics to improve movement and evaluate the effects these have on performance.

UNIT OVERVIEW

ASSESSMENT

TIMING
Weeks 1-10

THEORY:

- Coping with loss
- Stages of grief
- Skills that enhance resilience and wellbeing
- Dealing and responding to life's challenges
- Making connections
- Understanding mental health
- Mental Health disorders - Depression and Anxiety
- Challenging perceptions
- Strategies to improve mental health
- Being supportive

PRACTICAL:

- Cricket
- Tee Ball
- Swedish longball
- Basketball
- Futsal
- Netball

Task Number 6:

Nature of Task: Cumulative practical effort and application of skills in different invasion games
Percentage: 30%
Week: Throughout Semester 2
Reported: Semester 2