

## Year 8 - PDHPE 2022

### TERM 1

**Theory: Sense of Identity**

In this unit, students will continue to build their knowledge and understanding of identity and the factors that shape their own and others' identities. Students examine the impact of physical, social and emotional changes during adolescence and explore personal identity to promote the health, safety and wellbeing of themselves and others.

**Practical: Cultural Games and Athletics**

Throughout the term, students will engage in a range of cultural games where they will develop and implement a chosen cultural game and further their understanding of how the game is played, speciality equipment used, the rules and values of the game. Students will adapt and refine their decision-making skills in a variety of game play and movement situations. Students will devise, implement and refine strategies demonstrating leadership and collaboration skills when working in groups or teams.

**TIMING**  
10  
Weeks

**UNIT OVERVIEW**

**THEORY:**

- Diversity
- Inclusion
- Equality
- Personal identity
- Sexual health
- Preventative sexual health practices
- Privacy in offline and online environments
- Body image perceptions

**PRACTICAL:**

- Cultural Games, E.g. European Handball, End-Zone
- Athletics
- Fitness Testing – Cardiovascular and Muscular Endurance

**ASSESSMENT**

Task Number: 1  
Nature of Task: In Class Examination  
Percentage: 40%  
Week: 10  
Reported: Semester 1

## TERM 2

### **Theory: Get Smart About Drugs**

In this unit, students will explore the positive actions of individuals that can contribute to the health, safety, wellbeing and participation in physical activity levels of the wider community. Students will learn to effectively manage their own health and safety when confronted with choices about drugs and alcohol, developing strategies to support their own and others' wellbeing.

### **Practical: Move and Groove**

Throughout the term, students will engage in and perform a range of movements which explore rhythm and expression. Students will create basic phrases in groups and pairs which respond to a stimulus and will adapt their movement skills to a range of compositional problem solving tasks.

### **UNIT OVERVIEW**

### **ASSESSMENT**

#### **THEORY:**

- Types of drugs and their effects
- Long and short term effects of alcohol consumption
- Long and short term effects of smoking
- Actions to assist friends under the influence of alcohol, smoking and drugs
- Health consumerism
- Factors influencing health choices of young people
- Health messages

#### **PRACTICAL:**

- Athletics
- Dance
- Invasion or Net Games

Task Number: 2  
 Nature of Task: Sports Knowledge Test- Athletics  
 Percentage: 10%  
 Week: 4  
 Reported: Semester 1

Task Number: 3  
 Nature of Task: Athletics Practical Assessment  
 Percentage: 20%  
 Week: Throughout Semester 1  
 Reported: Semester 1

Task Number: 4  
 Nature of Task: Cumulative effort throughout practicals in Semester 1  
 Percentage: 15%  
 Week: Throughout Semester 1 & 2  
 Reported: Semester 1 & 2

Task Number: 5  
 Nature of Task: Cumulative application of skills throughout practicals in Semester 1  
 Percentage: 15%  
 Week: Throughout Semester 1 & 2  
 Reported: Semester 1 & 2

**TIMING**  
10 Weeks

## TERM 3

### Theory: Responding in Emergencies

In this unit, students will demonstrate basic first aid principles and strategies, eg DRSABCD, management of asthma, allergies and anaphylaxis. Students will learn to respond in emergency situations and strategies to minimise risk.

### Practical: Net Games and Invasion Games

Throughout the term, students will engage in a range of invasion and net based games and sports. Students will use feedback to create adaptations to movement skills to make them more effective in different contexts. Students will create new rules, strategies and tactics to improve movement and evaluate the effects these have on performance. Students will include, assist and lead others during physical activity.

### UNIT OVERVIEW

### ASSESSMENT

#### THEORY:

- Saving a life
- DRSABCD action plan
- Hypothetical accidents
- Variations of CPR

#### PRACTICAL:

- Invasion Games, E.g. Touch, Soccer
- Net Games, E.g. Volleyball
- Fitness Testing – Cardiovascular and Muscular Endurance

Task Number: 6

Nature of Task: Drug Exposition

Percentage: 50%

Week: 3

Reported: Semester 2

Task Number: 7

Nature of Task: Fitness Testing

Percentage: 20%

Week: Throughout Term 3

Reported: Semester 2

### TIMING

10 weeks

## TERM 4

### Theory: Mental Health

In this unit, students will propose and develop strategies that will effectively manage their personal health and safety. Students develop and evaluate their decision-making skills as they explore scenarios simulating a range of situations which may affect an individual's wellbeing and safety.

### Practical: Striking and Court Games

Throughout the term, students will engage in a range of striking and court based games. Students will use feedback to create adaptations to movement skills to make them more effective in different contexts. Students will create new rules, strategies and tactics to improve movement and evaluate the effects these have on performance. Students will include, assist and lead others during physical activity.

### UNIT OVERVIEW

#### THEORY:

- Identifying actions and influences on mental wellbeing
- Understanding mental health
- Depression and Anxiety
- Dealing and responding to life's challenges
- Seeking help
- Skills that enhance resilience and wellbeing
- Being supportive
- The importance of health literacy skills
- Assessing health information

#### PRACTICAL:

- Court Games, E.g. Netball, Basketball
- Striking Games, E.g. Cricket, Tee Ball

### ASSESSMENT

Task Number: 7

Nature of Task: Cumulative effort throughout practicals in Semester 2

Percentage: 15%

Week: Throughout Semester 2

Reported: Semester 2

Task Number: 8

Nature of Task: Cumulative application of skills throughout practicals in Semester 2

Percentage: 15%

Week: Throughout Semester 2

Reported: Semester 2

**TIMING**  
10 weeks