

Year 7 Physical Education

UNIT GOALS

The specific goals of this unit are for students to:

- Develop an understanding of communication, cooperation and conventions in athletic activities and invasion games.
- Take part in activities that contribute to the development of different aspects of fitness
- Monitor and evaluate their own individual performance of different sports
- Develop skills and strategies for individual performance and improvement
- Demonstrate confidence in both team and individual sports
- Devise, adapt and use a range of strategies in games

UNIT OVERVIEW

- Students will be given chance to develop a range of aquatic and football skills (Term 1) and develop an understanding of the conventions for these activities.
- Students will undergo a series of fitness tests early in Term 1

ASSESSMENT DETAILS

	Assessment Task	Week Due	Weighting (%)
Term 1			
AT1	FitnessTest evaluation	Week 4	5
AT2	Swimming assessment	Week 6	5
AT3	Swimming Performance checklist	Week 7	40
AT3	Soccer self assessment	Week 6	5
AT4	Soccer Performance checklist	Week 7	40
AT5	Fitness Test evaluation	Week 9	5

Teacher name
Steve White
