

Identify curriculum	Achievement standard	<p>By the end of Year 8, students evaluate strategies and resources to manage changes and transitions and investigate their impact on identities. Students evaluate the impact on wellbeing of relationships and valuing diversity. They analyse factors that influence emotional responses. They investigate strategies and practices that enhance their own, others' and community health, safety and wellbeing. They investigate and apply movement concepts and select strategies to achieve movement and fitness outcomes. They examine the cultural and historical significance of physical activities and examine how connecting to the environment can enhance health and wellbeing. Students apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity. They demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others' health, safety and wellbeing. Students demonstrate control and accuracy when performing specialised movement sequences and skills. They apply movement concepts and refine strategies to suit different movement situations. They apply the elements of movement to compose and perform movement sequences.</p>			
	Year level description	<p>Focus areas to be addressed in Year 8 include alcohol and other drugs, mental health, sexual health and sexuality, food and nutrition, health benefits of physical activity, games and sports, and skill based activities such as defensive, attacking and striking skills.</p>			
Teaching and learning	Term overview	Term 1	Term 2	Term 3	Term 4
		<p>1. Fitness - Fitness testing and cardio endurance. Students complete fitness baseline testing. They will develop cardio endurance through endurance running activities, 12 minute run, Beep Test and Team Beep Test relay. This training continues throughout the semester as a warm up activity and also as stand alone Cross Country preparation.</p> <p>2. Skill based activities <u>Striking Skills</u></p> <ul style="list-style-type: none"> • Volleyball - serve, pass, set, attack, block. • T-ball - two handed strike • Golf - driving, chipping, putting • Indoor floor hockey - passing, goal shot. • Indoor cricket - drive, hook, pull, cut. <p><u>Defensive Skills</u></p> <ul style="list-style-type: none"> • Frisbee - marking up, Intercepting • Basketball - zone, man-on-man • OzTag - tagging skills, defensive line • Touch Football - defensive patterns. <p>3. Alcohol & Drugs Students develop their knowledge of the health risks of smoking, cannabis and alcohol, and how to make informed decisions to help minimise the risk of lifestyle diseases.</p>	<p>1. Fitness - Fitness testing and cardio endurance. Students complete fitness baseline testing. They will develop cardio endurance through endurance running activities, 12 minute run, Beep Test and Team Beep Test relay. This training continues throughout the semester as a warm up activity.</p> <p>2. Skill based activities <u>Attacking Skills</u></p> <ul style="list-style-type: none"> • Lacrosse - catching and passing, • OzTag - passing, moving into space, avoiding the tag. • Touch Football - passing and leading into space, Dump and drive. <p><u>Shooting Skills</u></p> <ul style="list-style-type: none"> • Basketball - layup, free throw, set shot • Indoor Soccer - spot kick, general play <p>3. Mental Health Students develop their knowledge of mental health by researching external providers for help, learning strategies for dealing with stress and disorders, as well as the effects of mental health.</p>	<p>1. Fitness - Fitness testing and cardio endurance. Students complete fitness baseline testing. They will develop cardio endurance through endurance running activities, 12 minute run, Beep Test and Team Beep Test relay. This training continues throughout the semester as a warm up activity and also as stand alone Athletics carnival preparation.</p> <p>2. Athletics Training Students complete skills and activities in preparation for the annual athletics carnival. Activities include:</p> <ul style="list-style-type: none"> • Field (Javelin, Discus, Shot Put, Safety and Technique) • Track (100/200m/400/800m, Techniques and Training) <p>3. Skill based activities <u>Racquet sports</u></p> <ul style="list-style-type: none"> • Tennis - Technique (serve, forehand, backhand & volley), rules and scoring • Badminton - Technique (serve, forehand, backhand, overhead), rules and scoring. • Table tennis - Technique (serve, forehand, backhand), rules, scoring <p><u>Inclusion Games</u></p> <ul style="list-style-type: none"> • Boccia - Background, rules • Goalball - Background, rules <p><u>Invasion Games</u></p> <ul style="list-style-type: none"> • Frisbee - catching and passing, rules 	<p>1. Fitness - Fitness testing and cardio endurance. Students complete fitness baseline testing. They will develop cardio endurance through endurance running activities, 12 minute run, Beep Test and Team Beep Test relay. This training continues throughout the semester as a warm up activity.</p> <p>2. Skill based activities <u>Sports Education</u> Students will look at the elements and roles within sports and participate in a unit in Sports Education.</p> <p>3. Nutrition & Active Lifestyles Students develop their knowledge and understanding of macro and micro nutrients, supplements, how to eat to prepare for certain competitions, exercise types, anaerobic and aerobic exercise and types of warm ups/cool downs.</p>

				<ul style="list-style-type: none"> European Handball - passing and shooting, defense and rules <p>4. Sexual Health and Sexuality Students develop their knowledge of sexual health and sexuality including STIs, consent, positive and negative sexual relationships, stereotypes and contraception.</p>					
	Cross curriculum priorities								
	General capabilities								
	Key to general capabilities and cross-curriculum priorities	Literacy Numeracy ICT capability Critical and creative thinking Ethical behaviour Personal and social capability Intercultural understanding Aboriginal and Torres Strait Islander histories and cultures Asia and Australia's engagement with Asia Sustainability							
Develop assessment	Assessment	Term 1		Term 2		Term 3		Term 4	
		Week	Assessment instrument	Week	Assessment instrument	Week	Assessment instrument	Week	Assessment instrument
		Ongoing	Fitness	Ongoing	Fitness	Ongoing	Fitness	Ongoing	Fitness
		Ongoing	Skill based activity rubrics	Ongoing	Skill based activity rubrics	Ongoing	Skill based activity rubrics	Ongoing	Skill based activity rubrics
		10	Multi format presentation	8	Mental Health story	10	STI slide/powerpoint presentation	7	Nutrition/Fitness Poster
Make judgments and use feedback	Moderation	Term 1		Term 2		Term 3		Term 4	
		Teachers moderate assessment tasks to ensure consistency of judgments.							