


























Year 7 – Health and Physical Education (HPE) - Australian Curriculum (2024)

Identify curriculum	Achievement standard	By the end of Year 8, students analyse factors that influence identities, emotions and responses to change, and describe strategies to respond to these influences. They analyse how stereotypes, respect, empathy and valuing diversity influence relationships. Students analyse the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline. They analyse health information and messages to propose strategies that enhance their own and others' health, safety, relationships and wellbeing. Students apply and transfer movement skills and movement concepts across a range of situations. They implement and evaluate the effectiveness of movement strategies on movement outcomes. Students propose and evaluate strategies designed to achieve personal health, fitness and wellbeing outcomes. They select, use and refine strategies to support inclusion, fair play and collaboration across a range of movement contexts.			
	Year level description	Focus areas to be addressed in Year 7 include safety, growth and development, alcohol and other drugs, food and nutrition, health benefits of physical activity, games and sports, lifelong physical activities and rhythmic and expressive movement activities.			
Teaching and learning	Term overview	Term 1	Term 2	Term 3	Term 4
		<p>1. Fitness - Fitness testing and cardio endurance. Students complete the beep test and six minute walk to assess their baseline cardiovascular fitness levels. They will develop aerobic fitness through endurance running activities, such as the Lanyon Loop run, beep test and team relay challenges. 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>Fundamental Movement Skills</u> Students develop their fundamental movement skills in closed practice activities.</p> <p><u>Receive and Pass Skills</u> Students will participate in Basketball, Touch football & European Handball to develop their control and accuracy to perform throwing, catching and dribbling skills.</p> <p>3. Healthy Body and Life Students will learn about key factors in maintaining the safety of themselves and others. Activities will focus on safety, fair play and inclusion in HPE. They will also cover a range of topics including community safety measures, making healthy choices and cyber safety.</p>	<p>1. Fitness - Muscular endurance Students complete muscular fitness testing. They will develop muscular endurance through circuit training, body weighted activities, HIIT training, etc.</p> <p>2. Skill Based Activities <u>Cross Country Training</u> Students will complete fitness skills and activities in preparation for the cross country carnival. Activities include: cross country walk through, cross country time trial and cross country modified course run through.</p> <p><u>Movement Skills</u> Students will develop their movement skills in a range of gymnastics and team Ninja warrior challenges..</p> <p><u>Cultural Games</u> Students will develop skills and awareness in culturally significant games including buroinjin, koolchee, kho kho, etc.</p> <p>3. I'm Going Through Changes <u>Growth & Development</u> Students will evaluate change and transition and how these impact on their identities. Students will learn about the development of the human body through puberty and human reproduction.</p>	<p>1. Fitness - Speed, Agility, Flexibility & Reaction Time After completing a taster session, students will choose to focus on developing either their speed, agility, flexibility or reaction times. They will achieve this through testing, goal setting, and a range of targeted activities. All progress will be recorded in a personal fitness journal.</p> <p>2. Skill Based Activities <u>Athletics</u> Students will learn about athletic track and field events with a focus on safety and technique in field events such as discus, javelin, high jump, etc.</p> <p><u>Rhythmic and Expressive Movements</u> Students participate in a range of dance activities in a modern context. They develop their movement composition skills in small group activities in dance and gymnastics.</p> <p><u>Personal Development Challenge</u> Students will elect to</p> <p>3. My Mind <u>Mental Health</u> Students will analyse factors that influence emotional responses in maintaining their own positive mental health. They learn appropriate communication strategies and how to respond appropriately to a range of situations.</p>	<p>1. Fitness - Muscular Power, Strength & Cardio Endurance Students complete muscular power and strength fitness testing. They will continue to develop muscular power and strength through activities including circuit training, HIIT workouts, functional fitness and skipping activities.</p> <p>2. Skill Based Activities <u>Kicking Skills (continued)</u> Students will participate in AFL, Gaelic & Futsal to develop their control and accuracy to perform kicking, dribbling and trapping skills.</p> <p><u>Sports Education</u> Students will look at the elements and roles within sports and participate in a unit in Sports Education to create a round robin competition in Ultimate Frisbee.</p> <p>3. Fueling my body <u>Healthy Eating Habits</u> Students will learn about the eating guidelines to maintain a well balanced diet for everyday living. They will learn about the healthy eating food pyramid and substances that can be harmful for their body.</p>

			<u>My Decisions</u> They will explore the concept of consent and identify trusted adults. They will have a basic understanding of sexual intercourse and forms of contraceptives.						
	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 concepts - Cardiovascular Endurance	Ongoing	Fitness concepts - Muscular Endurance	Ongoing	Fitness concepts - Speed & Strength	Ongoing	Fitness concepts - Muscular Power & Jump rope for heart
		Ongoing	Skill based activity rubrics Fundamental movement skills Throwing & catching skills: <ul style="list-style-type: none">- Basketball- Touch Football- European Handball	Ongoing	Skill based activity rubrics Cross country Cultural Games <ul style="list-style-type: none">- Edor- Buroinjin- Kho Kho	Ongoing	Skill based activity rubrics Athletics Rhythmic & Expression Movement Kicking Skills: <ul style="list-style-type: none">- AFL- Gaelic- Futsal	Ongoing	Skill based activity rubrics Cultural & Inclusive games: Blind cricket, spikeball, kho kho, wheelchair sports, buroinjin, handball, goalball, seated volleyball Sports Education
		Ongoing	Safety, fair play and inclusion	Ongoing	Safety, fair play and inclusion	Ongoing	Safety, fair play and inclusion	Ongoing	Safety, fair play and inclusion
		2-4	Physical Activity Benefits - KWL Chart (in class)	8	Teen Review Letter to the editor Assignment	8	Mental Health Role Play Video	6	Nutrition Assignment
		5-6	Safety Task (in class)						
		8	Cyber Safety Assignment						
Make judgments and use feedback	Moderation	Term 1		Term 2		Term 3			Term 4
		Teachers moderate assessment tasks to ensure consistency of judgments.							