

Lanyon High School

Year 9/10 – Health and Physical Education 2 Year rotation - Australian Curriculum

Identify curriculum	Achievement standard	<p>By the end of Year 10, students critically analyse contextual factors that influence identities, relationships, decisions and behaviours. They analyse the impact attitudes and beliefs about diversity have on community connection and wellbeing. They evaluate the outcomes of emotional responses to different situations. Students access, synthesise and apply health information from credible sources to propose and justify responses to health situations. Students propose and evaluate interventions to improve fitness and physical activity levels in their communities. They examine the role physical activity has played historically in defining cultures and cultural identities.</p> <p>Students demonstrate leadership, fair play and cooperation across a range of movement and health contexts. They apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing. They apply and transfer movement concepts and strategies to new and challenging movement situations. They apply criteria to make judgements about and refine their own and others' specialised movement skills and movement performances. They work collaboratively to design and apply solutions to movement challenges.</p>			
Odd Years					
Year level description		Focus areas to be addressed in Health And Physical Education Odd Years include food and nutrition, health benefits of physical activity and fitness, drugs and alcohol and developing skills necessary for effective and strategic participation in games and sports.			
Teaching and learning		Term overview			
		<p style="text-align: center;">Term 1</p> <ol style="list-style-type: none"> Fitness - Fitness testing and cardio endurance. Students complete the beep test 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. Skill based activities. <u>Striking Sports</u> Students engage in <i>Cricket, Softball & Volleyball</i> to cooperative and inquiry learning to improve their skills in striking sports. Safety, Fair play, Leadership and Cooperation Students develop their knowledge of the importance of fair play, leadership and cooperation when working as part of a team. They will apply these skills in a variety of sports and team based situations. Students will also learn about safety with regard to bystander behaviour, 	<p style="text-align: center;">Term 2</p> <ol style="list-style-type: none"> Fitness - Muscular endurance Students complete muscular fitness testing. They will develop muscular endurance through circuit training, body weighted activities, HIIT training, etc. 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. <u>Gymnastics</u> Students participate in a range of rhythmic and expressive movement strategies through gymnastic activities. <u>Defending Sports</u> Students participate in <i>AFL, Oztag & Floor Hockey</i> to continue learning about leadership, fair play and inclusivity in a sporting context, as well as applying feedback to improve specialised movement skills. Party Safe 	<p style="text-align: center;">Term 3</p> <ol style="list-style-type: none"> Fitness - Speed and Strength training. Students develop their knowledge in developing skills in running shorter distances through sprint technique and power training, HIIT & Crossfit training (body weight training). Skills based activities <u>Athletics Training</u> Students complete skills and activities in preparation for the annual athletics carnival. <u>Attacking Sports</u> Students participate in <i>Lacrosse, European Handball & Frisbee</i> to continue learning about leadership, fair play and inclusivity in a sporting context, as well as applying feedback to improve specialised movement skills. Looking After Myself & Others <u>Mental Health</u> Students develop their knowledge and gain practical examples around their "self" including self esteem, self awareness, resilience, anger 	<p style="text-align: center;">Term 4</p> <ol style="list-style-type: none"> Fitness - Muscular Power Students complete muscular power fitness testing. They will continue to develop muscular power through activities including circuit training, HIIT workouts and functional fitness activities. Skill based activities <u>Target Sports</u> Students participate in Archery, Golf, Bocce & NFL to develop their control and accuracy when performing skills in the sports. <u>Sports Education</u> Students will look at the elements and roles within sports and participate in a unit in Sports Education. They will participate in selected sports and contribute to coordination of their team. Australian Health Issues Students learn about issues affecting community health in Australia. They will examine health services and resources available and their impact.

		cyber safety and first aid.	<u>Drugs & Alcohol</u> Students investigate the social issues around drug and alcohol addiction and develop strategies for making positive health choices. They also look at the categories of drugs and how they have different effects on the body systems. <u>Relationships & Communication</u> Students analyse factors that influence their identity, relationships, decision and behaviours. Focussing on the supports they can put in place for themselves and others.	management and stress. <u>Pressure, Power & Sex</u> Students investigate the outcomes of emotional responses in different situations. Focussing on the use of power and pressure within a relationship and ways to navigate tricky situations.					
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 - Fitness testing and cardio endurance. Striking Sports: Volleyball, Softball & Cricket Cross Country	Ongoing	Fitness - Muscular endurance Defensive Sports: AFL, Oztag & Floor Hockey Cross Country	Ongoing	Fitness - Speed and agility training. Attacking Sports: Lacrosse, Frisbee & European Handball Athletics	Ongoing	Fitness - Active Lifestyles Target Sports: Archery, Golf & NFL Sports Education
		8	Safety, Fairplay, Leadership & Cooperation: Annotated Fitness Plan aligned with SMART Goals	8	Party Safe: Let's Party Assignment	8	Mental Health, Pressure, Power & Sexuality: Scenario Responses	7	Australian Health Issues: Magazine Article
Teaching and learning	Even Years								
	Year level description	Focus areas to be addressed in Health And Physical Education Even Years fitness development, skill development, safety, relationships & sexuality education and developing life-long healthy lifestyles as an individual and as a community.							
	Term overview	Term 5		Term 6		Term 7		Term 8	
	1. Fitness - Fitness testing and cardio endurance. Students complete fitness baseline testing including the beep test and the 12 minute run. They will develop cardio endurance through endurance running activities. This training continues throughout the semester as a warm up activity and also as stand alone Cross Country preparation. 2. Skill based activities. <u>Racquet Sports</u> Students will participate in <i>Badminton, Tennis & Table Tennis</i> . They will participate in a range of modified racquet games and competitive games. <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		1. Fitness - Muscular endurance Students complete fitness progression testing. They will develop muscular endurance through circuit training, body weighted activities, HIIT training, etc. 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. <u>Tactical Sports</u> Students will participate in <i>Netball, Hockey & Gaelic</i> to improve their tactical thinking. They will concentrate on forming strong offensive and defensive skills while improving their spatial awareness and teamwork in sports. 3. My Decision, My Life <u>Relationships & Sexuality</u>		1. Fitness - Speed and agility training. Students complete progression fitness testing. They will develop their knowledge in the skills associated with running shorter distances through sprint technique and agility training. 2. Skills based activities <u>Athletics</u> Students will complete skills and activities in preparation for the annual athletics carnival. Activities include: Field (javelin, discus, shot Put, long jump and high jump safety and technique). <u>Invasion Sports</u> Students will participate in <i>Touch Football, Basketball & Soccer</i> to improve their spatial awareness and teamwork. 3. Lifelong Healthy Habits Students will examine the elements that make up wellbeing. They will develop an		1. Fitness - Active Lifestyles Students propose fitness and physical activity levels for themselves and others. They identify and access ways to work towards personal fitness and activity goals. 2. Skill based activities <u>Inclusive Sports</u> Students will participate in <i>Goal Ball, Blind Cricket, Seated Volleyball, Bocce, Wheelchair sports & other physical activities</i> that develop and understanding and respect for a range of all ability sports. <u>Cultural Sports</u> Students will participate in <i>Spikeball, Burroinjin, Kho Kho, Sepak Takraw, Yulunga Games & other physical activities</i> that develop an understanding and respect for sports from other cultures. <u>Sports Education</u>		

		through. 3. Sporting Community Students will develop their knowledge of the importance of fair play, inclusivity, leadership and cooperation when working as part of a team. They will apply these skills in a variety of sports and team based situations. Students will also learn about bystander behaviour, cyber safety and building respectful relationships. Students will develop an understanding of the importance of leadership and study different kinds of leadership. They will also investigate the impact of racism, body image and social media in sport.	Students will develop knowledge about healthy relationships. They will examine how diversity and gender are represented in the media. Students will research effective forms of contraception and investigate the prevention of sexually transmitted infections and unplanned pregnancy.	understanding of Training principles. Students will plan, implement and critique strategies for improving an element of their wellbeing such as, physical activity and fitness, nutrition, sleep, gratitude, etc. using SMART goals.	Students will look at the elements and roles within sports and participate in a unit in Sports Education. They will participate in selected sports and contribute to coordination of their team. 3. Community Health Students will examine factors that influence health, safety and wellbeing in the community. They will develop their understanding of community support and responsibility.				
	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 5		Term 6		Term 7		Term 8	
		Week	Assessment instrument	Week	Assessment instrument	Week	Assessment instrument	Week	Assessment instrument
		Ongoing	Fitness - Fitness testing and cardio endurance. Racquet Sports: Tennis, Table Tennis & Badminton	Ongoing	Fitness - Muscular endurance Tactical Sports: Hockey, Netball & Gaelic Cross Country	Ongoing	Fitness - Speed and agility training. Invasion Sports: Touch football, Basketball & Soccer Athletics	Ongoing	Fitness - Active Lifestyles Cultural & Inclusive Sports: Blind cricket, spikeball, kho kho, wheelchair sports, burroinjin, handball, goalball, seated volleyball Sports Education
		9	Sporting Community: Racism in Sport Assignment	8	My Decision, My Life: Contraceptive presentation	8	Lifelong Healthy Habits: Implement a healthy plan using SMART goals	7	Community Health: Community Services Assignment
Make judgments and use feedback	Moderation	Teachers moderate assessment tasks to ensure consistency of judgments.							