



# Malanda State High School

## Learning and Assessment Overview - 2019

### YEAR 7 Health & Physical Education - HPE07A/B/C/D

	Unit	Start/Length	Topics/Concepts/Skills/Inquiry	Assessment	Issue Date	Due Date
Term 1	Swimming	Week 1 Term 1 10 Weeks	<b>Practical:</b> In this unit, students will be learning safe water practices and various swimming techniques.	Practical Assessment	Ongoing (swimming block)	Ongoing (swimming block)
Term 2	Athletics	Week 1 Term 2 10 Weeks	<b>Practical:</b> Students will participate in athletic events to demonstrate control and accuracy when performing jumping and throwing movements.	Practical Assessment	Ongoing	Ongoing
	Approaching Adolescence		<b>Theory:</b> Students will investigate a range of physical, emotional, social and intellectual changes during adolescence and consider how it impacts on their identity. They will explore the concepts of self values and beliefs as they transition towards independence.	Exam	A-06/06/19 B-06/06/19 C-06/06/19 D-06/06/19 WEEK 7	A-06/06/19 B-06/06/19 C-06/06/19 D-06/06/19 WEEK 7
Term 3	Fitness Skills	Week 1 Term 3 10 Weeks	<b>Practical:</b> Students participate in a range of physical activities that develop health-related and skill related fitness components. They will create and monitor personal fitness plans.	Practical Assessment	Ongoing	Ongoing
	Healthy choices		<b>Theory:</b> Students investigate the Australian guide to healthy eating, analyse food products and promote the health and wellbeing of individuals and others. Students will understand the importance of living a healthy and active lifestyle.	Assignment	A- 20/08/19 B- 20/08/19 C-20/08/19 D-20/08/19 WEEK 6	A- 05/09/19 B-05/09/19 C-05/09/19 D-05/09/19 WEEK 8
Term 4	Shoots & Scores	Week 1 Term 4 10 Weeks	<b>Practical:</b> Students will participate in and investigate a range of cultural, historical and modern activities that will encourage students to adapt a range of skills across a variety of games.	Practical Assessment	Ongoing	Ongoing
	My Mind Matters		<b>Theory:</b> Students explore the idea of mental wellness, how to cope in stressful situations, types of mental illness and how to de-stigmastise these in society.	Exam	A- 21/11/19 B- 21/11/19 C-21/11/19 D-21/11/19 WEEK 7	A- 21/11/19 B- 21/11/19 C-21/11/19 D-21/11/19 WEEK 7