

Learning and Assessment Overview - 2025



MALANDA
STATE HIGH SCHOOL

Year Level 7

HPE

	Unit	Start/Length	Topics/Concepts/Skills/Inquiry	Assessment	Checkpoints	Due Date
Term 1	Outdoor Education	Week 1 Term 1 10 weeks	<p>Movement and physical activity: Students will participate in challenging outdoor education based activities. They will propose and evaluate strategies designed to achieve personal health, fitness and wellbeing outcomes as well as applying leadership, collaboration and group decision processes when participating in the activities.</p> <p>Personal social & community health: Students analyse the impact of physical environmental changes and transitions brought about by starting high school and devise strategies to support themselves and others through these changes. Students identify and analyse the importance of interpersonal skills, communication skills and group interactions when starting high school.</p>	Project with Performance (integrated)	Week 7: 12/03/2025 Draft Due	Week 8; 19/03/2025 Final submission
Term 2	Athletics	Week 1 Term 2 10 weeks	<p>Movement and physical activity: Students will apply, refine and transfer movement skills and concepts specific to athletics (jumping and throwing). They will implement and evaluate the effectiveness of their movement strategy to create the specific athletic movement outcome.</p> <p>Personal social and community health: Students will analyse factors that influence adolescent identities, emotions and responses to change, and describe strategies to respond to these influences. Students explain and apply skills and strategies to communicate assertively and respectfully when seeking, giving or denying consent.</p>	Performance (formative)		Week 9: 20/06/2025
	Approaching Adolescence			Examination		Week 9 18/06/2025
Term 3						
Term 3	Nutrition and Training for AFL	Week 1 Term 3 10 weeks	<p>Movement and physical activity: Students participate in the sport of AFL where they will demonstrate a range of movement sequences. While playing AFL students will select, use and refine their strategies to support inclusion, fair play and collaboration across the sport of AFL.</p> <p>Personal social and community health: Students plan and implement fitness and nutritional strategies, to enhance their performance, pre and post AFL games, alongside their general health and wellbeing. Students explore how messages related to nutrition and physical activity are represented in a variety of media platforms and how this influences their own and other's attitudes and behaviours towards food and exercise.</p>	Investigation with Performance (integrated)	Week 7: 03/09/2025 Draft Due	Week 9 10/09/2025
Term 4	Indigenous Games	Week 1 Term 4 10 weeks	<p>Movement and physical activity: Students will investigate a range of cultural, historical and modern activities that will encourage students to apply, refine and transfer movement skills across a variety of movement situations. They investigate modifications to equipment and rules that support fair play and inclusive participation.</p> <p>Personal social and community health: Students will analyse factors that influence their mental health (stress, mental illness, physical activity) and will plan and implement coping strategies to self – manage emotional responses to challenging situations they are faced with in everyday life.</p>	Practical Performance	Weekly	Week 9: 05/12/2025
	My Mind Matters			Project (Journal Entry)	Week 7 19/11/2025	Week 9 03/12/2025