

TIME	TOPIC	LESSON CONTENT			RESOURCES	ASSESSMENT
		PRACTICAL	PRACTICAL	HEALTH		
11- 18	Hot Shots Tennis & Minor Games	<p>Hot Shots</p> <p>In this unit students will take part in the hot shots tennis program run by our on-site tennis coach. Students will:</p> <ul style="list-style-type: none"> -Learn basic strokes in order to develop a rally. -They will gain an understanding of the basic rules and procedures to play a game and therefore learn to officiate. -Gain an understanding of transferable skills from other sports and ways in which power and accuracy can be generated. 	<p>Minor Games</p> <p>In this Unit students will experience a variety of minor games.</p> <p>Students will:</p> <ul style="list-style-type: none"> -Learn to follow rules, procedures and safety practices -Work within a team and with a partner -Develop Fundamental motor skills -Develop Problem solving skills -Understand the importance of Inclusive practices 	<p>"Good Friends"</p> <p>In this unit, students explore the impact of positive social interaction on self-identity. They investigate different types of friendships; examine the qualities we look for in a friend as well as their roles and responsibilities. Students learn how to communicate respectfully with friends to resolve conflict and challenging issues in friendships. They reflect on why friendships change over</p>	<p>Hot Shots & Minor Games</p> <ul style="list-style-type: none"> -Hat -Water Bottle <p>Good Friends Booklet</p> <p>-School workbook (Provided)</p>	<p>Hot Shots</p> <p>On-going assessment throughout Term 1 focusing on the forehand and backhand techniques.</p> <p>Minor Games</p> <p>On-going assessment throughout the term. Focusing on motor skills and teamwork.</p> <p>Good Friends</p> <p>Students will be assessed on their ability to:</p> <p>Assessment Task 1:</p> <p>Demonstrate positive qualities you look for in a friend and describe how they are important to you.</p> <p>Assessment Task 2:</p> <p>Identify an issue you and a friend might not agree on.</p> <p>Describe some positive strategies to help solve the issue you identified so that both friends are happy with the solution.</p>

Weeks 1-10	Athletics & Newcombe ball	Athletics The fundamental skills of the running, throwing and jumping events in Athletics will be covered. The biomechanics on how performance can be improved through change of body movement will be analysed. Comparing technique to others and model performance through teacher demonstration and video evidence.	Newcombe ball The student will learn to apply strategies, tactics and correct decision making to maximise their own performance potential. The student will reflect on these qualities and adjust their learning experiences to accommodate this greater understanding. The development of ball skills is taught through a TGFU approach will provide the opportunity for improvement of ball skills and cooperation and teamwork. Students explore ethical behaviour and fair play.	time and investigate strategies to assist them in establishing and maintaining respectful friendships.	Athletics & Newcombe ball -Hat -Water Bottle	Athletics On-going assessment across Running, Jumping and throwing events. Newcombe ball Assessment across skills performed in isolation and game situations.	

HOME STUDY FOCUS

- Encourage your child to play outside for 30 minutes a day. This will help them to discover the importance of being active and be creative in their play.
- Encourage your child to show you what they have learnt in PE. Demonstrations in the backyard or in the lounge room encourage the students to become more confident and reinforce what they have learnt.
- Promote a healthy and an active lifestyle.
- Try to encourage your child to be active each day through example.
- Discuss situations that happened at school and help them to create strategies to develop positive relationships.
- Discuss ways to help other students who may be experiencing difficulties.
- Discuss conflict resolution.
- Recognise how friendships can change over time and help them to understand what a respectful friendship is.

ADDITIONAL INFORMATION

PE lessons:

Students wear their school uniform for HPE lessons, they also need to bring a water bottle and hat to each lesson.

Valuables:

All valuables are to be left within the classroom and brought to the attention of the class teacher.

Jewellery

The wearing of watches, chains and sleeper earrings are to be removed prior to the PE Lesson or left at home on these particular days.

Books

Students will be provided with a Work Book for their Health lessons. This book needs to be present for all sessions and wherever Homework for the subject has been sent home, please return this back to school prior to the Health lesson timetabled.