

Year 6 Health and Physical Education

Achievement

In Year 6, students develop knowledge, understanding and skills to create opportunities and take action to enhance their own and others' health, wellbeing, safety and physical activity participation. They develop skills to manage their emotions, understand the physical and social changes that are occurring for them and examine how the nature of their relationships changes over time.

Opportunities are provided for students to contribute to building a positive school environment that supports healthy, safe and active choices for everyone. They also explore a range of factors and behaviours that can influence health, safety and wellbeing.

Students refine and further develop a wide range of fundamental movement skills in more complex movement patterns and situations. They also apply their understanding of movement strategies and concepts when composing and creating movement sequences and participating in games and sport. Students further develop their understanding about movement as they learn to monitor how their body responds to different types of physical activity. In addition, they continue to learn to apply rules fairly and behave ethically when participating in different physical activities. Students also learn to effectively communicate and problem-solve in teams or groups in movement settings.

Assessment Criteria

An overall level of achievement in this subject is to be determined by the teacher's on-balance judgment of the evidence presented in students' summative assessment across the following:

- Personal, Social and Community Health:
Being healthy, safe and active; Communicating and interacting for health and wellbeing; Contributing to healthy and active communities
- Movement and Physical Activity:
Moving our body, Understanding movement; Learning through movement.

Delivery (mode, time requirements, lessons)

Students are expected to undertake independent study on their program to complete lessons, tasks and assessment in accordance with the Work Rate Calendar.

Student Requirements

Computer, access to internet, email, printer, scanner, digital camera, pencil, eraser, highlighter

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		Units and Learning Experiences, Summative Assessment, Criteria Assessed, Approximate timing/due date of summative assessment
Semester 1	Term 2	<p>Unit 1: Healthy Habits Students explore the concepts of mental fitness and preventative health. They identify how activity, good food and good habits contribute to overall health and mental fitness. As part of this unit, they investigate the effect drink alternatives have on the body.</p>
		<p>Summative assessment, criteria assessed, approximate timing/due date:</p> <ul style="list-style-type: none"> • To be advised
Semester 1 Reporting to parents		
Semester 2	Term 4	<p>Unit 2: Transitioning Students explore the concept of transitioning to high school, the challenges, the feelings, the issues that are typically encountered, and how the transition can be smoothly facilitated.</p>
		<p>Summative assessment, criteria assessed, approximate timing/due date: Students to demonstrate their understanding of relationship and personal skills in coping with the transition to secondary school.</p> <ul style="list-style-type: none"> • Part A: Students demonstrate their understanding of groups and how they change during a transition period. • Part B: Students design their own personal emblem to inform others about themselves. • Part C: Students will think of two challenges the might face during the transition to high school. They will list a range of strategies to meet each challenge and plan a strategy to manage change. (Week 4)
Semester 2 Reporting to parents		