

Year 9 Health and Physical Education

Achievement

In Year 9, students apply strategies for maintaining a positive outlook and evaluating behavioural expectations in different leisure, social, movement and online situations. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They also experience different roles that contribute to successful participation in physical activity, and propose strategies to support the development of preventive health practices that build and optimise community health and wellbeing. Students learn to apply specialised movement skills and complex movement strategies and concepts in different movement environments. They also explore movement concepts and strategies to evaluate and refine their own and others' movement performances. Students analyse how participation in physical activity and sport influence an individual's identities, and explore the role participation plays in shaping cultures. Opportunities are provided for students to refine and consolidate personal and social skills in demonstrating leadership, teamwork and collaboration in a range of physical activities.

Assessment Criteria

An overall level of achievement in this subject is 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)

The Year 9 HPE course runs for a Semester facilitating three units across the two terms (six weeks per unit). Students have access to a one hour scheduled lesson and a one hour tutorial each week. Lessons are delivered via our Learning Management System. Students are also expected to undertake independent study to complete tasks and assessment in accordance with the Work Rate Calendar. Course materials can be accessed in Blackboard.

Student Requirements

Computer, access to internet, email, printer, scanner, telephone or headset with microphone, exercise book, stationery.

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Units and Learning Experiences, Summative Assessment, Criteria Assessed, Approximate timing/due date of Summative Assessment			
Semester 1 or 2	Term 1 or 3	Unit 1	<p>Unit 1: Moving More Matters</p> <ul style="list-style-type: none"> Students explore Australia’s physical activity and sedentary behaviour guidelines, along with health and skill-related fitness and physical activity. They implement various fitness tests and analyse their results to determine strengths and weaknesses Students plan and perform a fitness workout that has been designed to improve their identified areas for improvement, and identify other sports and physical activities that would benefit from their training session
		<p>Summative assessment: Task – Collection of Work: Training program and video of training program performance</p>	
	Term 2 or 4	Unit 2	<p>Unit 2: Healthy Relationships</p> <ul style="list-style-type: none"> Students identify what respectful relationships are and how empathy and ethical decision making contribute Students examine the changes they are going through as their sexuality and/or identity develops and the impact these have on relationships Students investigate the consequences of sexual activity and/or disrespectful relationships on health and wellbeing. They evaluate situations and propose appropriate responses as they reflect on possible outcomes and make decisions in relationship contexts
		<p>Summative assessment: Task – Multi-modal: Healthy Relationships Brochure and spoken presentation</p>	
Term 2 or 4		Unit 3	<p>Unit 3: Sporting Icons</p> <p>Students examine the role that physical activity, outdoor recreation and sport has played in defining Australian cultural identity. They critique behaviours and contextual factors that influence participation in physical activity and changing cultural identity.</p>
		<p>Summative assessment: Task – Collection of work: Sport and Athlete Profile, and video of practical performance</p>	

Disclaimer All of the above information is accurate at the time of publication.