Year 7 Health and Physical Education (Semester 1 or 2)

Achievement
In Year 7, students expand their knowledge, understanding and skills to help them achieve successful outcomes in classroom, leisure, social, movement and online situations. Students learn how to take positive action to enhance their own and others’ health, safety and wellbeing. They do this as they examine the nature of their relationships and other factors that influence people’s beliefs, attitudes, opportunities, decisions, behaviours and actions. Students demonstrate a range of help-seeking strategies that support them to access and evaluate health and physical activity information and services.

Students begin to refine a range of specialised knowledge, understanding and skills in relation to their health, safety, wellbeing, and movement competence and confidence. They develop specialised movement skills and understanding in a range of physical activity settings. They analyse how body control and coordination influence movement composition and performance and learn to transfer movement skills and concepts to a variety of physical activities. Students explore the role that games and sports, outdoor recreation, lifelong physical activities, and rhythmic and expressive movement activities play in shaping cultures and identities. They reflect on and refine personal and social skills as they participate 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 7 HPE course runs for a Semester facilitating two units across the two term (one for each term). Students have access to a 45 minute scheduled lesson and a 30 minute tutorial each week. Lessons are delivered via Blackboard Collaborate and teleconferencing. 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

Resources
- Resource disc – Year 7 HPE
- Cairns SDE Year 7 HPE – Blackboard course

Subject Fee
Nil.
# Year 7 Health and Physical Education (Semester 1 or 2)

<table>
<thead>
<tr>
<th>Units and Learning Experiences, Summative Assessment, Criteria Assessed, Approximate timing/due date of summative assessment</th>
</tr>
</thead>
</table>
| **Term 1**  
**Unit 1: First Aid in the home**  
Purpose of assessment: To investigate strategies and practices that enhance their own and others’ health and wellbeing through the application and understanding of basic first aid techniques.  
**Summative assessment:**  
- Task - To create a [multimodal presentation](#) as an engaging way to educate your family on how to respond to an injury that could occur around the home. (Week 7)  
**Semester 1 Interim Reporting to parents** |
| **Term 2**  
**Unit 2: I can make good decisions**  
Purpose of assessment: To analyse factors that influence emotional responses, demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others’ health, safety and wellbeing.  
**Summative assessment:**  
- Task - Students will analyse factors that influence emotional responses, demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others’ health, safety and wellbeing by developing a strong understanding of the drug caffeine. Students will then design a awareness campaign to ensure all year 7 students can make safe decisions in relation to their caffeine intake now and in the future. (Week 7).  
**Semester 1 Reporting to parents** |
| **Term 3**  
**Unit 1: First Aid in the home**  
Purpose of assessment: To investigate strategies and practices that enhance their own and others’ health and wellbeing through the application and understanding of basic first aid techniques.  
**Summative assessment:**  
- Task - To create a [multimodal presentation](#) as an engaging way to educate your family on how to respond to an injury that could occur around the home. (Week 7)  
**Semester 2 Interim Reporting to parents** |
| **Term 4**  
**Unit 2: I can make good decisions**  
Purpose of assessment: To analyse factors that influence emotional responses, demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others’ health, safety and wellbeing.  
**Summative assessment:**  
- Task - Students will analyse factors that influence emotional responses, demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others’ health, safety and wellbeing by developing a strong understanding of the drug caffeine. Students will then design an awareness campaign to ensure all year 7 students can make safe decisions in relation to their caffeine intake now and in the future. (Week 7).  
**Semester 2 Reporting to parents** |