



BRACKEN RIDGE STATE HIGH SCHOOL

YEAR 7 HEALTH AND PHYSICAL EDUCATION OVERVIEW

At Bracken Ridge State High School, all students in Years 7, 8 and 9 study Health and Physical Education. In the junior years, students undertake two lessons per week. There is a 50% split between practical and theory studies. This program has been designed to develop student skills in both practical and theoretical areas of health and physical education. Learning in, through and about physical activity is a major goal.

The main objective of the program is to provide a good grounding in a wide variety of games and activities in addition to developing a healthy attitude towards health and fitness which will last a lifetime. The purpose of the theory components is to give our students the knowledge and awareness to make informed choices regarding their health and wellbeing.

Year 7 Semester One

| TERM ALLOCATION AND LENGTH | UNIT | SUB TOPICS | ASSESSMENT |
|----------------------------|--|---|---|
| 1 (10 Weeks) | Theoretical: Bouncing Back: Resilience | <ul style="list-style-type: none"> • Where do I belong? • Body image / Self-esteem • Positive Self-talk • Accepting compliments (analysing compliments, evaluating strengths) • Emotions • Balanced thinking (pessimistic versus optimistic, managing negativity) • Coping (identifying coping strategies, reviewing coping strategies, evaluating ideas about resilience) • Caring and respectful relationships • Connecting with people. | Two part assessment: <ul style="list-style-type: none"> • Well-being First Aid Kit • Written Justification / Presentation |
| | Practical: Initiative Games | Knowledge and understanding of, procedures and safety considerations in physical activities. | Continuous Assessment in a variety of authentic contexts. |
| 2 (10 Weeks) | Theoretical: Transitions | <ul style="list-style-type: none"> • Physical changes • Managing changes associated with puberty • Sexuality • Emotional and social change • Dealing with conflicting demands. | Advice Column. |
| | Practical: Athletics | Knowledge and understanding of event rules, procedures and safety considerations. Fundamental technique: <ul style="list-style-type: none"> • Shot put • Long Jump • Sprint • 4 x 100m relay | Continuous Assessment in a variety of authentic contexts. |

Year 7 Semester Two

| TERM ALLOCATION AND LENGTH | UNIT | SUB TOPICS | ASSESSMENT |
|----------------------------|---|--|---|
| <p>3 (10 Weeks)</p> | <p>Theoretical: Socially Accepted Drug Abuse</p> | <ul style="list-style-type: none"> • Legal drugs. • The effects of alcohol / cigarettes / caffeine / over the counter medication / prescription medication. • Alcohol consumption. • Alcohol / cigarettes and the law. • Community impact of accepted drug use abuse. • The pressure surrounding socially accepted drug use. | <p>Research Task:</p> <ul style="list-style-type: none"> • Portfolio of Responses. |
| | <p>Practical: Shoot and Score (hockey / indoor cricket / table tennis)</p> | <p>Knowledge and understanding of game rules, procedures and safety considerations.</p> | <p>Continuous Assessment in a variety of authentic contexts.</p> |
| <p>4 (9 Weeks)</p> | <p>Theoretical: Super Snack: Nutrition</p> | <ul style="list-style-type: none"> • What are nutrients? • Nutrition for adolescent growth. • Dietary guidelines. • Analysing healthy eating. • Understanding food groups. • Factors affecting food choice (advertising, fast food locations, family commitments). • Analysing food information. | <p>Research Task</p> <ul style="list-style-type: none"> • Propose and implement well-being and healthy eating action plan. |
| | <p>Practical: Badminton</p> | <p>Knowledge and understanding of rules, procedures and safety considerations.</p> | <p>Continuous Assessment in a variety of authentic contexts.</p> |

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