



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	Transition to High School	<ul style="list-style-type: none"> -Factors that influence the transition from Primary school to High School -Coping with stress -Communication strategies -Problem-solving strategies for managing changes and emotions -Team building -Cooperation -Identity (values and beliefs) 	Project: Transitioning to High School (400-600words) -Analysing factors that influence change - Describe strategies to respond to change
2	Invasion Court Games	<ul style="list-style-type: none"> - Netball - Basketball - Setting up attack - Defending against attack - Creating, defending and exploiting space - Attacking opposition and scoring 	Practical performance
3	Football and fitness	<ul style="list-style-type: none"> -Meaning of Fitness • Attitudes to keeping fit • Participation in physical activity • Benefits of sport and activity • Influences of physical activity • Fitness components • Improving fitness • Training. 	Fitness plan proposal and evaluation
4	Inclusion: lifelong physical activities	<ul style="list-style-type: none"> -Understanding inclusion -Barriers to inclusion -Adapted physical activity -Promoting equality and equity -Awareness of diversity Creating inclusive sporting games -Building inclusive communities -Promoting lifelong physical activity 	Project: inclusive game modification

TERM ALLOCATION AND LENGTH	UNIT	SUB TOPICS	ASSESSMENT
5	Food and nutrition	<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. 	Investigation: Propose and implement well-being and healthy action plan.

