



BRACKEN RIDGE STATE HIGH SCHOOL

YEAR 8 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 8 Semester One

TERM ALLOCATION AND LENGTH	UNIT	SUB TOPICS	ASSESSMENT
1 (10 Weeks)	Theoretical: Adolescence Behaviours	<ul style="list-style-type: none"> Social change during adolescence Identity experimentation during adolescence Importance of relationships during adolescence Maintaining respectful relationships Risks with online relationships Strengthening social networks. 	Research Task
	Practical: Athletics	Knowledge and understanding of event rules, procedures and safety considerations. Fundamental technique: <ul style="list-style-type: none"> Discus Triple Jump Javelin High Jump (scissor kick). 	Continuous Assessment in a variety of authentic contexts.
2 (10 Weeks)	Theoretical: Ready, Set, 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. 	Movement / Fitness Plan and Evaluation
	Practical: Touch Football	Knowledge and understanding of Touch Football rules, procedures and safety considerations in game play.	Continuous Assessment in a variety of authentic contexts.

Year 8 Semester Two

TERM ALLOCATION AND LENGTH	UNIT	SUB TOPICS	ASSESSMENT
<p>3 (10 Weeks)</p>	<p>Theoretical: Cultural Understandings</p>	<ul style="list-style-type: none"> • Define relationships • Characteristics of different relationships. • People you interact with • Families, kinship and culture • Family health and wellbeing • Community health • Community connections • Enhancing community health and wellbeing • Promoting health inclusivity. 	<p>Multimodal Presentation</p>
	<p>Practical: Hip Hop Dance</p>	<p>Knowledge and understanding of, procedures and safety considerations.</p> <p>Five Elements of Hip Hop</p> <ul style="list-style-type: none"> • Popping • Locking • Breaking • Boogaloo • Social Dances 	<p>Continuous Assessment in a variety of authentic contexts.</p>
<p>4 (9 Weeks)</p>	<p>Theoretical: Making the Right Decision</p>	<ul style="list-style-type: none"> • Reviewing drug information • Classifying drugs • Influences on adolescent alcohol and other drug choices • Actions to adolescents about issues relating to drugs and alcohol • How to make the correct decisions • Using values and emotions to make decisions • Developing empathy and sensitivity. 	<ul style="list-style-type: none"> • VLog
	<p>Practical: Volleyball</p>	<p>Knowledge and understanding of volleyball rules, procedures and safety considerations in game play.</p> <p>Fundamental technique:</p> <ul style="list-style-type: none"> • Serving • Digging • Setting • Spiking • Blocking • Court positions 	<p>Continuous Assessment in a variety of authentic contexts.</p>