

Year 8 Health & Physical Education Extension  
Learning & Assessment Overview 2021

Semester 1				Semester 2			
<b>HPX 08.01</b> <b>Body Image - Netball</b>		<b>HPX 08.02</b> <b>Alcohol and Drug Awareness in Sport- Softball/Hockey</b>		<b>HPX 08.03</b> <b>Respectful Relationships- Touch football</b>		<b>HPX 08.04</b> <b>Fitness for Life- Circuit training</b>	
Students investigate the influences the media and society can have on self-image, particularly on young people. Students explore the importance of self image and its potential impact on their lives. Team work, leadership, fair play and cooperation, basic netball skills of passing, catching, shooting and attack & defence concepts and strategies in drills & game play scenarios.		Students will investigate the effects of alcohol and drugs on athletes and their sporting performances. They will explore the negative effects it can have on the mind and body and make recommendations on how to reduce the risks associated with these behaviours. Team work, leadership, fair play and cooperation, basic skills of throwing, catching, hitting, pitching, base running in softball & trapping, pushing, hitting, shooting in hockey and attack & defence concepts and strategies in drills & game play scenarios.		Students identify how teenagers are growing and changing and want to be independent • explore being safe and independent • identify risks and risk-taking behaviours and decisions and strategies • explore rules, rights and responsibilities• apply decision-making questions and models • explore respectful relationships between peers — establishing, rights, responsibilities and bullying behaviours both in relationships and online. Team work, leadership, fair play and cooperation, basic touch skills of passing, catching, running and attack & defence concepts and strategies in drills & game play scenarios.		Students will explore the importance of maintaining appropriate fitness levels as they get older. Students will examine specific fitness demands on various sports and undertake a series of fitness tests to assess their strengths & weaknesses. They will create various circuit routines to improve their identified weaknesses.	
<b>Unit Duration</b> Weeks 1 - 10 (10 weeks)		<b>Unit Duration</b> Weeks 11 - 20 (10 weeks)		<b>Unit Duration</b> Weeks 21 - 30 (10 weeks)		<b>Unit Duration</b> Weeks 31 - 38 (8 weeks)	
<b>Assessment Task/s</b>				<b>Assessment Task/s</b>			
<b>HPX 08.01.01</b> <b>Investigation- Inquiry</b> <i>Technique:</i> Investigation Inquiry <i>Analytical Exposition</i> <i>Mode:</i> Written <i>Conditions:</i> 400-600 words  <i>Issued:</i> Week 2 <i>Due:</i> Week 9	<b>HPX 08.01.02</b> <b>Physical Performance</b> <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually  <i>Issued:</i> Week 2 <i>Due:</i> Week 10	<b>HPX 08.02.01</b> <b>Investigation- Inquiry</b> <i>Technique:</i> Exam <i>Mode:</i> Written <i>Conditions:</i> 60 mintes , 400 words  <i>Issued:</i> Week 11 <i>Due:</i> Week 19	<b>HPX 08.02.02</b> <b>Physical Performance</b> <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually  <i>Issued:</i> Week 11 <i>Due:</i> Week 20	<b>HPX 08.03.01</b> <b>Investigation- Inquiry</b> <i>Technique:</i> Project - Folio <i>Mode:</i> Multimodal <i>Conditions:</i> 2-3 minutes, 400-600 words  <i>Issued:</i> Week 21 <i>Due:</i> Week 29	<b>HPX 08.03.02</b> <b>Physical Performance</b> <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually  <i>Issued:</i> Week 21 <i>Due:</i> Week 29	<b>HPX 08.04.01</b> <b>Project -Folio</b> <i>Technique:</i> Project - Folio <i>Mode:</i> Written <i>Conditions:</i> 2-3 minutes, 400-600 words  <i>Issued:</i> Week 31 <i>Due:</i> Week 38	<b>HPX 08.04.02</b> <b>Physical Performance</b> <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually  <i>Issued:</i> Week 31 <i>Due:</i> Week 38