

Year 9 Health & Physical Education Extension
Learning & Assessment Overview 2021

Semester 1				Semester 2			
HPX 09.01 Anatomy and Volleyball		HPX 09.02 Training Methods and Fitness Training		HPX 09.03 Sensationalised Reporting and Touch Football		HPX 09.04 Skill acquisition and Softball	
Students explore fundamental concepts in human anatomy and physiology. It provides an introduction to anatomical structures and functions of organ systems in the human body. Students perform Volleyball skills, drills, and modified games in ways which reflect their ability to modify movement skills and sequences using basic movement concepts. They demonstrate a range of tactics and strategies to achieve an identified goal in Volleyball.		Students describe the physical and emotional effects that result from their participation in a variety of vigorous, whole-body activities. They compare the effect on the body of participating in physical activities of varying intensity. Students will describe what it means to be fit, and identify and participate in fitness and circuit training to develop particular components of health-related fitness. Students devise and implement a health-related fitness program applying principles of training to reflect personal priorities and goals.		Students examine health information and its appropriateness. Students examine external influences to their ability to make healthy and safe choices and their responses to these. They critique behaviours and contextual factors that influence the health and wellbeing of their communities. Students select and implement individual and group tactics and strategies in skills, drills, and modified games of Touch Football to respond to environmental conditions or opposing players.		Students examine the skill acquisition of movement skills in varying sporting activities. The following areas will be examined: terms and concepts in skill acquisition; movement skill classification; classification of games and sports; characteristics of movement skill learning; stages of learning. Students evaluate their own and other's performance in order to plan and implement ways of improving performance in Softball skills, drills, and modified games.	
Unit Duration Weeks 1 - 10 (10 weeks)		Unit Duration Weeks 11 - 20 (10 weeks)		Unit Duration Weeks 21 - 30 (10 weeks)		Unit Duration Weeks 31 - 38 (8 weeks)	
Assessment Task/s				Assessment Task/s			
HPX 09.01.01 Exam <i>Technique:</i> Examination <i>Mode:</i> Written <i>Conditions:</i> Short response items <i>Issued:</i> Week 1 <i>Due:</i> Week 9	HPX 09.01.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 1 <i>Due:</i> Week 9	HPX 09.02.01 Research Project Folio <i>Technique:</i> Extended response <i>Mode:</i> Written <i>Conditions:</i> 400-600 words <i>Issued:</i> Week 11 <i>Due:</i> Week 18	HPX 09.02.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 11 <i>Due:</i> Week 18	HPX 09.03.01 Investigation- Inquiry <i>Technique:</i> Extended response <i>Mode:</i> Written <i>Conditions:</i> 400-600 words <i>Issued:</i> Week 21 <i>Due:</i> Week 28	HPX 09.03.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 21 <i>Due:</i> Week 28	HPX 09.04.01 Research Project Folio <i>Technique:</i> Extended response <i>Mode:</i> Written <i>Conditions:</i> 400-600 words <i>Issued:</i> Week 31 <i>Due:</i> Week 38	HPX 09.04.02 Physical Performance <i>Technique:</i> Performance <i>Mode:</i> Practical <i>Conditions:</i> Assessed individually <i>Issued:</i> Week 31 <i>Due:</i> Week 38