Overview for *PHE* grade 7

unit no.	Unit title	Time	Key concept	related concept	global context	Statement of Inquiry	Objectives	ATL skills	Content	Resources
1	Body Movement	8-10 lessons	Change	Balance and Refinement	Personal & Cultural Expression	Aesthetic routines require a balance of refined movements	B1, B3, C1, C2,, D3	Social (Collaboration	Lesson Structure Dominant Movement Patterns • Locomotion • Body Control • Statics • Spring • Landings • Rotations • Swings	https://mypphysed.wordpress.com/year-7/gymnastics/ https://flippingphysed.wordpress.com/flips/gymnastics/
2	Invasion Games	12 lessons	Communication	Space, Choice & Systems	Orientation in Space & Time	Teams with strong game sense and effective communication gain a competitive advantage	C1, C2, C3, D1, D2, D3	(Communication skills Collaboration skills	Lesson Structure Teachers will need to explain and exemplify the following areas of study: (Netball, Basketball and Soccer) This should be completed using a game sense approach. Positioning Are players crowding the ball? As a team are they spreading out and making good use of the playing area? Are the players that are calling for the ball moving into space? Is the team including all players within the play?	Divice .basket ball,football,hockey riket . Mypphysed.wordpress.com Flippingphysed.wordpress.com Instructional models for teaching physical education -Metzler
3	Feeling Fit	8 Lessons	Change	Balance & Energy	Identities & Relationships	Lifestyle influences our health and well-being	A1,A2,B1, C1, C2,, D3	Self-Management (Affective Skills Organisation Skills)	Lesson 1: Prac What is fitness? How do you improve fitness? What is Heart Rate? What does a higher/Lower Heart Rate mean? Explore cardiovascular fitness & heart rate. (E.g. You could have students do a continuous run and take their heart rate, perform some interval training type activities and take their heart rate etc.) Lesson 2: Theory 1. Fitness Components – How do they relate to our practical work 2. What negative influences reduce fitness? 3. What positive influences increase fitness? 4. Training methods 5. Discuss: Cardiovascular disease, obesity and how this impacts on fitness. What are the fitness recommendations to prevent these diseases? 6. What other lifestyle diseases can impact on our health and well-being 7. Fitness gym Culture- Why would the culture of a fitness gym be a desirable place to attend to get fit. This leads into lesson two. Look at the Fitness Components: Lesson 3: Prac: Sessions for the Gym Warm up: Spin Session-HR Session. -Refer to MDO's spin Heart Rate session on the S Drive Lesson Core: Group Exercises – Explore circuit training in this lesson. Revise cardiovascular fitness and introduce muscular strength & endurance Lesson 4: Theory: Diet and Lifestyle Lesson https://www.eatforhealth.gov.au/eating-well/tips-eating-well • Dietary Tips & guidelines • Barriers to eating healthy • Importance of breakfast – https://www.betterhealth.vic.gov.au/health/healthyliving/breakfast Lesson 5: Personal Trainer Culture Personal Trainer Culture-Why would the culture of a personal trainer be a motivator to improve fitness? Body weight exercises – Explore a range of different body weight exercises. Lesson 6 Team Sports How does the being involved in a team sport improve your fitness?	S: DiviceOnline Resources http://flippingphysed.wordpress.com/flips/fitness-2/fitness/ http://flippingphysed.wordpress.com/flips/fitness-2/
4	Starting Out	8 Lessons	Relationships	Perspective & Interaction	Identities & Relationships	Relationships are formed through interactions	A1, A2, A3, B1, B2, C1, C2, C3, D1, D3	Social(Collaboration)	• Warm up -Partner activities Interactions & Connections • Warm up – E.g. Line tiggy, tails, clumps etc - Interactions & Connections • 2v2, 3v3 or 4v4 small sided games and then larger team games (look for maximum involvement). - Interactions & Connections (Theory) Areas for consideration • My Connections • Who are my connections (relationships) • What is a relationship? • How do they differ? Fairness and development • Warm up – team challenges Fairness and development Focus (Theory) Fairness and development Focus • Games that emphasise fairness, sportsmanship & teamwork • Modify games such as bonus points for certain rules. E.g. passing to all players (physical) or positive and effective communication (verbal) etc. Loading a ball with points is a good modification, then when the team scores the team receives the number of points the ball is loaded with. Roles, Responsibilities & Decision Making Focus	BuildingResiliencyInYoungPeoplePrintDownload Instructional models for physical education - Michael W Metzler PHE team blogs - www.flippingphysed.wordpress.com and www.mypphysed.wordpress.com S Drive - resources
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