

Overview for PHE grade 8										
unit no.	Unit title	Time	Key concept	related concept	global context	Statement of Inquiry	Objectives	ATL skills	Content	Resources
1	Body Movement	10 Classes	Communication	Adaption & Interaction	Identities & Relationships	Performing in a team or partnership requires group cohesion, timed movements and refinement of skills.	<p>Criterion B – Planning for Performance B1, B2.</p> <p>Criterion C – Applying and performing C1, C2, C3</p> <p>Criterion D – Reflecting and improving performance D1, D3</p>	<p>Social Skills: Give specific feedback on technique that will improve the performance of others.</p> <p>II. Collaboration skills</p>	<p>Lesson 1:</p> <ul style="list-style-type: none"> Sports Movement Activity (4 sports act out movements – group of 4) Triller <p>Lesson 2:</p> <ul style="list-style-type: none"> Dance Cards Stayin Alive PSI <p>Lesson 3:</p> <ul style="list-style-type: none"> Zumba Create your own Zumba <p>Lesson 4:</p> <ul style="list-style-type: none"> Gangnam Style Hip Hop <p>Lesson 5:</p> <ul style="list-style-type: none"> Size, shape, speed and levels Activity <p>Lessons 6 to 8:</p> <ul style="list-style-type: none"> Create your own movement sequence 	<p>https://flippingphysed.wordpress.com/</p> <p>https://mypphysed.wordpress.com/year-8/body-movement/</p>
2	Invasion Game	12 Classes	Change	Refinement function and adaption	Scientific & Technical Innovation	Development of skills requires a process of adaptation, refinement and reflection	<p>Criterion B – Planning for Performance B1, B2</p> <p>Criterion C – Applying and performing C1, C2, C3</p>	<p>Thinking</p> <p>X. Transfer</p> <ul style="list-style-type: none"> Using skills and knowledge in multiple contexts Apply skills and knowledge in unfamiliar situations Transfer current knowledge to learning of new technologies 	<p>Block 1: Volleyball</p> <p>Block 2: Hr & Miss</p> <p>Lesson 1: Badminton (Skills based)</p> <p>Lesson 2: Tennis</p>	<p>Instructional models of teaching</p>
3	Health and Nutrition	10 Classes	Change	Choice Environment	Identities and Relationships	Children's food choices get affected and changed differently by the numerous environments in which they live.	<p>(A1) outline physical and health education-related factual, procedural and conceptual knowledge</p> <p>(A2) identify physical and health education knowledge to describe issues and solve problems set in familiar and unfamiliar situations</p>	<p>Thinking Skills Self-Management Skills</p>	<ul style="list-style-type: none"> Food environments like vehicle, home, work, school. Specific School Lunch programs Specific home meal plans The concept of choice and change around our eating habits. Goal Setting The roles people place in each environment in terms of influencing you on your eating habits. Balanced diet Food guides (appropriate for age) 	