

Junior School - Physical Education, Sport & Health

In Year 7 and 8 all students undertake a study in Physical Education. Students in year 8 can elect to do more intensive music tuition covering individual and group performance.

Physical Education is the process through which sport, outdoor education, dance, gymnastics, aquatics and games are used by physical educators to teach students motor skills and fitness skills as well as assisting with the school's responsibility to develop social and personal skills in students.

Students participate in Physical Education for one double period per week.

Components of Physical Education:

- Games,
- Ball Handling / Motor skill development,
- Athletics,
- Aquatics,
- Gymnastics,
- Sport Skills,
- Basic Movement,
- Outdoor Education
- Fitness Education

Sport can be defined as physical activity that for the purposes of discovering limits of one's capabilities, or for fun, amusement and diversion involves competition against oneself or others, or a confrontation with natural elements. It encourages and provides opportunities for the participation of all young people in a wide variety of sports at a level commensurate with their physical, mental, social, emotional and skill development

Students participate in Sport Education for one double period per week. They choose a sport for the duration of each term.

What is the difference between Physical Education and Sport Education?

Physical Education is that part of education which uses physical activity as the medium. It is concerned with the development of knowledge, skills and attitudes related to health, fitness, sport and recreation.

Sport encompasses a range of physical activities that provide opportunities to further apply and develop the skills acquired through physical education.

Sport and physical education are complimentary.

Health Education seeks to develop an understanding of the interrelated physical, social, emotional dimensions of health. Students are encouraged to take an interest in their own health status, to appreciate themselves as unique individuals, to examine personal action, encourage critical thinking about the family, cultural groups and the wider community and to consider the effects of the physical and social environment on people's health. It empowers students to make and carry out informed health promoting decisions.

Some Health issues are integrated within Physical Education and sport classes during Term 1. Students participate in one period of Health Education per week during Term 3.

- Sport Education Components:
 - Ball handling and motor skill development
 - Skills drills minor games and modified games
 - Fitness education
 - Rules, strategies, tactics, etiquette and fair play
 - Administration, umpiring and coaching and Community access
- Components of Health:
 - Sun and water safety
 - Personal identity
 - Body image
 - self-esteem
 - friendship
 - social networks
 - changing relationships
 - bullying
 - resilience
 - harassment
 - strategies
 - drug education
 - sex education

All Year 7 & 8 students participate at the Inter house Swimming and Athletic Sports. There is an inter school sport day every term in which all students represent the school in their chosen sport. We compete against schools in the "Yarra District" (Winning at a district level allows competitors to move to the next level of competition called "The Northern Zone Finals". Winning at this level allows competitors to progress to State Finals).

Aims of Inter-School Sport:

1. To promote and foster good sporting attitudes and practices in secondary schools.
2. To assist in the provision of a sporting structure to cater for the needs and abilities of students attending Government secondary schools
3. To provide a process whereby students at affiliated schools have the opportunity to participate in organised inter-school sport and to proceed to higher levels of competition.

Compulsory participation is required unless a written explanation or medical certificate is provided. Students must participate actively in practical classes.

Students must wear activity gear. No jeans or cords

Students must work productively as a team member and display fairness and honesty in all activities.

Physical Education assessment is based on the following:

Skill testing	(Performance, technique, movement patterns, motor skills)
Competition	(Implementation of games, strategies and rules)
Personal Fitness and Participation	(Performs at a level which promotes physical benefits through active participation)
Health Theory	(Completion of work sheets and assignments)

The table below outlines the curriculum followed in Years 7 and 8.

	YEAR 7	YEAR 8
TERM 1	<p>PHYSICAL EDUCATION</p> <p>Swimming / Survival Aquatics</p> <ul style="list-style-type: none"> • Water familiarization • survival techniques • stroke development <p>Fitness (Use of ACHPER fitness testing program to determine individual fitness levels)</p> <p>Athletics</p> <ul style="list-style-type: none"> • sprint events • distance events • long jump • triple jump • high jump • discus • shot put • javelin <p>SPORT</p> <ul style="list-style-type: none"> • cricket, • softball, • baseball, • tennis and • volleyball <p>Health</p> <ul style="list-style-type: none"> • Sun and Water Safety • Personal Identity • Friendships • Bullying 	<p>PHYSICAL EDUCATION</p> <p>Swimming /Survival Aquatics</p> <p>Water familiarization</p> <p>survival techniques</p> <p>stroke development</p> <p>Fitness (Use of ACHPER fitness program to determine individual fitness levels)</p> <p>Athletics (Extension of appropriate athletic events covered in Year 7)</p> <p>SPORT</p> <ul style="list-style-type: none"> • Cricket • Softball • Baseball • tennis and volleyball <p>Health</p> <ul style="list-style-type: none"> • Sun and Water Safety, • Bullying • Values

<p>TERM 2</p>	<p>PHYSICAL EDUCATION</p> <p>Minor games and activities</p> <p>Development of fundamental motor skills.</p> <ul style="list-style-type: none"> • Throwing • Catching • Striking • Hitting • Tracking • team work • spatial awareness <p>SPORT</p> <ul style="list-style-type: none"> • Boys / girls football • boys / girls soccer • badminton • netball 	<p>PHYSICAL EDUCATION</p> <p>Minor games and activities</p> <p>Development of fundamental motor skills.</p> <ul style="list-style-type: none"> • Throwing • Catching • Striking • Hitting • Tracking • team work • spatial awareness <p>SPORT</p> <ul style="list-style-type: none"> • Boys / girls football • boys / girls soccer • badminton • netball
<p>TERM 3</p>	<p>PHYSICAL EDUCATION</p> <p>Gymnastics:</p> <ul style="list-style-type: none"> • floor routines • balance beam • vaulting • ropes • rings • agility course <p>Dance:</p> <ul style="list-style-type: none"> • Bush dancing • Folk dancing • community • cultural dancing <p>SPORT Choice of:</p> <ul style="list-style-type: none"> • table tennis • basketball • hockey • indoor hockey • soccer <p>Health</p> <ul style="list-style-type: none"> • Puberty • Sexuality • drug education • risk taking behaviour (eg Alcohol and other drugs) • Personal hygiene. 	<p>PHYSICAL EDUCATION</p> <p>Gymnastics:</p> <ul style="list-style-type: none"> • floor routines • balance beam • vaulting • ropes • rings • agility courses <p>Dance:</p> <ul style="list-style-type: none"> • Bush dancing • Folk dancing • community • cultural dancing <p>SPORT Choice of:</p> <ul style="list-style-type: none"> • table tennis • basketball • hockey • indoor hockey • soccer <p>Health</p> <ul style="list-style-type: none"> • Emotional • Social • physical health. • Personal relationships • Risk taking behaviour • Influences on our decision making • Community resources, • Sexuality, • STI's, • Safe Sex, • contraception.
<p>TERM 4</p>	<p>PHYSICAL EDUCATION</p> <ul style="list-style-type: none"> • Summer fitness • Fitness testing. <p>Negotiated with students</p> <p>SPORT (No interschool competition)</p> <p>(Choice of Recreation or summer sports)</p>	<p>PHYSICAL EDUCATION</p> <ul style="list-style-type: none"> • Summer fitness • Fitness testing. <p>Negotiated with students</p> <p>SPORT (No interschool competition)</p> <p>(Choice of Recreation or summer sports)</p>