



Week	Week beg	Practical	Theory	School events and public holidays	Assessment Type	Assessment Due Date
<b>1</b>	<b>T14/7</b>	Throughout this unit students will study the following 4 practical areas:  <b>Aquatics</b> – stroke correction  <b>Motor Skills Large balls</b> – development of gross motor movements related to large ball minor games  <b>Motor Skills Small Balls</b> - development of gross motor movements related to small ball minor games  <b>Athletics</b> – a selection of track and field events  The order of study of the practical areas will be determined by the availability of facilities.  All practical assessment is ongoing	<b>Nutrition</b> <ul style="list-style-type: none"> <li>The Australian Dietary Guidelines for Children and Adolescents</li> <li>The essential nutrients</li> <li>Analysis of individual diets</li> <li>Types of fat</li> <li>Reading nutritional labels</li> <li>Diet related diseases</li> </ul> <b>Fitness</b> <ul style="list-style-type: none"> <li>Definitions of fitness</li> <li>Components of fitness</li> <li>Benefits of physical activity</li> </ul>		Homework tasks – written and/or oral Book work          <b>Exam</b> Homework tasks – written and/or oral Book work	<b>Week beginning 17 th Aug</b>
<b>2</b>	<b>20/7</b>					
<b>3</b>	<b>27/7</b>					
<b>4</b>	<b>3/8</b>					
<b>5</b>	<b>10/8</b>					
<b>6</b>	<b>17/8</b>					
<b>7</b>	<b>24/8</b>					
<b>8</b>	<b>31/8</b>					
<b>9</b>	<b>7/9</b>					
<b>10</b>	<b>14/9</b>					
Mid Semester Vacation						
<b>1 (11)</b>	<b>5/10</b>	See above for details	<ul style="list-style-type: none"> <li>Examining individual activity levels</li> <li>National Physical Activity Guidelines</li> </ul> <b>Adolescence</b> <ul style="list-style-type: none"> <li>Factors affecting health and growth</li> <li>Heredity</li> <li>Environmental influences on growth and development</li> <li>Stages of growth and development</li> <li>Puberty</li> <li>Communication skills including Positive Communication, Assertiveness, Decision Making, Conflict Resolution, Problem Solving, Negotiation, Goal setting</li> </ul>	No assessment permitted		<b>Week beginning 12<sup>th</sup> Oct</b>
<b>2 (12)</b>	<b>12/10</b>					
<b>3 (13)</b>	<b>T20/10</b>					
<b>4 (14)</b>	<b>26/10</b>					
<b>5 (15)</b>	<b>2/11</b>					
<b>6 (16)</b>	<b>9/11</b>					
<b>7 (17)</b>	<b>16/11</b>					
<b>8 (18)</b>	<b>23/11</b>					
<b>9 (19)</b>	<b>30/11</b>					
<b>10 (20)</b>	<b>7/12</b>					
Alternative Program for Years 8 & 9 students commences Wednesday 2 December and concludes on Friday 11 <sup>th</sup> December. Instruction under the supervision of each Faculty will be delivered.						