

Stage 1 Physical Education: Semester 1 Overview 2018

Teacher: Cameron Stewart

Weeks	Topic	Assessment
1-6	<p>Human Body in Motion</p> <ul style="list-style-type: none"> - An introductory topic to understanding both the skeletal, muscular, cardiovascular, respiratory and nervous systems of the human body. <p>Lawn Bowls</p> <ul style="list-style-type: none"> - Preparation, delivery, gameplay (singles/triples), FH/BH shots, tactics, initiative and collaboration, leadership and fair play. 	<p>Human Body in Motion Unit Test</p> <p>Human Body Motion Task</p>
7-11	<p>Lawn Bowls</p> <ul style="list-style-type: none"> - Preparation, delivery, gameplay (singles/triples), FH/BH shots, tactics, initiative and collaboration, leadership and fair play. <p>Touch Football</p> <ul style="list-style-type: none"> - Passing/catching skills, evasive skills, offence, defence, ability to umpire, fitness, initiative and collaboration, leadership and fair play. 	<p>Lawn Bowls Skills Assessment</p> <p>Touch Football Skills Assessment</p>
1-5	<p>Movement & Energy for Physical Activity</p> <ul style="list-style-type: none"> - Investigating the human body and its use of energy sources and systems for physical activity and performance. <p>Issues in Physical Activity</p> <ul style="list-style-type: none"> - Research assignment on an issue relevant to physical activity and/or sport. <p>Badminton</p> <ul style="list-style-type: none"> - Developing skill level and understanding in badminton, including; net shots, overhead shots, serving and game play. 	<p>Energy Systems Unit Test</p> <p>Integrated Task 1 – Energy Systems</p> <p>Touch Football Practical Assessment</p>
6-9	<p>Badminton</p> <ul style="list-style-type: none"> - Developing skill level and understanding in badminton, including; net shots, overhead shots, serving and game play. 	<p>Issues in Physical Activity Task</p>
10	<p>Revision for Semester Examination</p> <ul style="list-style-type: none"> - Revise key components of topics; human body in motion and movement & energy for physical activity. 	<p>Semester Examination</p>