



SAMPLE TEACHING AND LEARNING OUTLINE

PHYSICAL EDUCATION
YEAR 7

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Any resources such as texts, websites and so on that may be referred to in this document are provided as examples of resources that teachers can use to support their teaching and learning programs. Their inclusion does not imply that they are mandatory or that they are the only resources relevant to the learning area syllabus.

The implementation of the *Western Australian Curriculum: Health and Physical Education*, provides an opportunity for schools to review their approach to the delivery of Physical Education. Schools may choose to implement the syllabus through a number of methods which include: traditional 'sport' style programs; skills based programs which focus on families of sports; specialist programs; or, outdoor education.

The sample teaching and learning outline reflects a skills based approach in which students' skills are developed through the study of sport families such as invasion, net and striking/fielding sports.

The content within the *Moving our body* sub-strand will be the emphasis of every lesson throughout the year and will provide opportunities for students to learn about and apply knowledge and skills as outlined in the *Understanding movement* and *Learning through movement* sub-strands.

Week	WA Curriculum content	Key teaching concepts	Lesson content
1-8	<p>Movement skills and sequences within different physical activity contexts and settings</p> <p><i>Note: The above content is ongoing and will be addressed throughout the skill development teaching and learning activities</i></p> <p>Defensive skills used to gain control and retain possession</p> <p>Ways in which physical activities improve elements of health and fitness</p> <p>increased flexibility</p> <ul style="list-style-type: none"> increased strength improved balance increased endurance increased power lowered heart rate lowered cholesterol improved body composition by lowering percentage of body fat 	<p>Fundamental movement Skills</p> <ul style="list-style-type: none"> locomotion <p>Fundamental movement Skills</p> <ul style="list-style-type: none"> balance <p>Fundamental movement Skills</p> <ul style="list-style-type: none"> object control <p>Introduce characteristics of sports categories</p> <ul style="list-style-type: none"> invasion net striking/fielding <p>Invasion sports</p> <ul style="list-style-type: none"> fundamental skill development to enable passing, receiving, moving when in possession e.g. dribbling 	<ul style="list-style-type: none"> running jumping hopping dodging static and dynamic balance landings striking kicking throwing change in direction body balance
9-14	<p>Strategic skills and tactical skills used to create, use and defend space</p> <p>Communication skills that support and enhance team cohesion, such as body language and listening skills</p> <p>Ethical behaviour and fair play when participating in physical activities</p>	<p>Strategies to create and use space</p> <p>Strategies to defend space</p> <p>Game based activities</p>	<p>Creating space</p> <ul style="list-style-type: none"> goal-side positioning between passer and receiver width of pass evasion of opponents <p>Defending space</p> <ul style="list-style-type: none"> positioning between opponent and goal positioning between opponent and receiver <p>Tactical / strategic skills</p> <ul style="list-style-type: none"> time clock odd numbered games playing area dimensions, zones

Week	WA Curriculum content	Key teaching concepts	Lesson content
15–18		Striking/fielding <ul style="list-style-type: none"> characteristics of striking/fielding games fundamental skill development to enable striking e.g. batting in baseball and fielding (retrieving and throwing) 	Striking / fielding <ul style="list-style-type: none"> striking object from a batting tee fielding ball from ground vs in the air
19		Using space	<ul style="list-style-type: none"> hitting an object to where fielders are not defending hitting object out of playing area advancing a runner
20		Defending Space	<ul style="list-style-type: none"> fielding positions where to throw ball after being hit
21–23	Communication skills that support and enhance team cohesion, such as body language and listening skills Ethical behaviour and fair play when participating in physical activities	Game play	
24–28		Net sports <ul style="list-style-type: none"> characteristics of net sports fundamental skill development to enable a variety of passing methods to team mate or sending object to opponent 	Attacking vs defending <ul style="list-style-type: none"> adjusting trajectory of object
29–31		Using space	<ul style="list-style-type: none"> controlling midcourt / advantageous position on court moving opponent placement of shot
32–33	Communication skills that support and enhance team cohesion, such as body language and listening skills Ethical behaviour and fair play when participating in physical activities	Game play	<ul style="list-style-type: none"> scoring systems singles, doubles tournament play i.e. round robin, elimination, double elimination, league