



Western Australian Curriculum

Physical Education

Sample teaching and learning outline | Year 7

Acknowledgement of Country

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Overview

The sample teaching and learning outline provides a sequential series of content areas through which the Physical Education component of the *Western Australian Curriculum: Health and Physical Education* can be taught. Consistent with the rationale of the Health and Physical Education curriculum, this outline supports students' acquisition of movement skills, concepts and strategies to enable them to confidently, competently and creatively participate in a range of physical activities in various contexts and settings.

The sample teaching and learning outline includes an array of focus areas through which students can apply their competence and understanding of key skills and concepts. These key focus areas are suggested as mediums for teaching and learning.

Year 7 Year level description

In the early adolescence phase of schooling, students align with their peer group and begin to question established conventions, practices and values. Learning and teaching programs assist students to develop a broader and more comprehensive understanding of the contexts of their lives and the world in which they live.

Health and Physical Education provides opportunities for students to build on their prior learning. A major influence on students during this time is the world around them, and their peers become a key source of motivation and support when managing their health and wellbeing.

In Year 7, students develop strategies to manage the physical, emotional and social changes associated with transitions and puberty. They learn how to make decisions and take positive action to promote their health, safety and wellbeing by applying problem-solving and effective communication skills, and through a range of preventive health practices. Students develop effective communication skills when consent is required to be given or denied.

Students continue to develop and refine movement skills and focus on developing tactical thinking skills in a range of contexts and applying them to a range of physical activities. They have opportunities to analyse their performance using feedback to improve body control and coordination. They learn about the types of activities that enhance aspects of fitness and wellbeing. The application of fair play and ethical behaviour continues to be a focus for students as they consider how communication skills can assist with improving group cohesion.

Year 7 Achievement standard

By the end of the year:

Health Education

Students identify strategies to promote their own and others' health, safety and wellbeing in different situations and across different environments. Students identify and apply strategies to communicate effectively and to make informed choices. They identify the health and social benefits of physical activity and identify a variety of preventative health strategies. Students apply appropriate protective behaviour strategies and protocols in face-to-face and online interactions.

Physical Education

Students perform movement skills and sequences in selected sport or physical activity contexts with improving accuracy and efficiency. They implement simple strategic and tactical skills to achieve the intended outcome in various contexts. Students describe how physical activity can improve elements of health, fitness and wellbeing. When participating in a variety of sports or physical activities, they demonstrate ethical behaviour and fair play and communicate ways to assist team cohesion and the achievement of an intended outcome.

Physical Education Year 7 Sample teaching and learning outline

Week	Curriculum content	Key teaching concepts	Lesson content
Weeks 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>Impact of regular participation in physical activities on health, fitness and wellbeing</p> <p>Physical activities to enhance health, fitness and wellbeing, including moving in natural environments</p> <p>Strategies to increase physical activity levels</p>	<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
Weeks 9–14	<p>Strategic and tactical skills used to create and use space through the manipulation of effort, space, time, objects and people</p> <p>Communication skills that support and enhance:</p> <ul style="list-style-type: none"> • group and team cohesion • leadership • inclusion <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

Week	Curriculum content	Key teaching concepts	Lesson content
			Tactical/strategic skills <ul style="list-style-type: none"> time clock odd-numbered games playing area dimensions, zones
Weeks 15–18	<p>Strategic and tactical skills used to create and use space through the manipulation of effort, space, time, objects and people</p> <p>Communication skills that support and enhance:</p> <ul style="list-style-type: none"> group and team cohesion leadership inclusion <p>Ethical behaviour and fair play when participating in physical activities</p>	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 versus in the air
Week 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
Week 20		Defending space	<ul style="list-style-type: none"> fielding positions where to throw ball after being hit
Weeks 21–23	<p>Communication skills that support and enhance:</p> <ul style="list-style-type: none"> group and team cohesion leadership inclusion <p>Ethical behaviour and fair play when participating in physical activities</p>	Game play	

Week	Curriculum content	Key teaching concepts	Lesson content
Weeks 24–28	Physical activities to enhance health, fitness and wellbeing, including moving in natural environments	Net sports <ul style="list-style-type: none"> characteristics of net sports fundamental skill development to enable a variety of passing methods to teammate or sending object to opponent 	Attacking versus defending <ul style="list-style-type: none"> adjusting trajectory of object
Weeks 29–31	Physical activities to enhance health, fitness and wellbeing, including moving in natural environments	Using space	<ul style="list-style-type: none"> controlling midcourt/advantageous position on court moving opponent placement of shot
Weeks 32–33	Communication skills that support and enhance: <ul style="list-style-type: none"> group and team cohesion leadership inclusion Ethical behaviour and fair play when participating in physical activities	Game play	<ul style="list-style-type: none"> scoring systems singles, doubles tournament play, such as round robin, elimination, double elimination, league