



SAMPLE TEACHING AND LEARNING OUTLINE

PHYSICAL EDUCATION
YEAR 8

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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	<p>Movement skills and sequences within different physical activity contexts with a focus on:</p> <ul style="list-style-type: none"> increased accuracy and efficiency in skill performance control of balance and stability <p>Note: The above content is ongoing and will be addressed throughout the skill development teaching and learning activities</p>	<p>Introduction</p> <p>Concept/characteristics of sports categories/ families:</p> <ul style="list-style-type: none"> invasion net striking/fielding modified game play 	
2–3		<p>Invasion Sports</p> <ul style="list-style-type: none"> fundamental skill development to enable passing, receiving, moving when in possession e.g. dribbling 	<p>Focus on</p> <ul style="list-style-type: none"> increased accuracy and efficiency control of balance and stability
4-6	<p>Strategic skills and tactical skills used to create, use and defend space, such as altering body positions and applying specific tactics</p> <p>Defensive skills used to achieve and retain possession</p>	<p>Strategies to create and use space</p> <p>Strategies to defend space</p> <p>Strategies to regain possession</p>	<p>Creating space</p> <ul style="list-style-type: none"> goal-side positioning position between passer and receiver adjusting width of the pass evasion of opponents <p>Defending space</p> <ul style="list-style-type: none"> positioning between opponent and the goal using the body to block a pass or scoring attempt defending the goal <p>Possession tactics / strategies</p> <ul style="list-style-type: none"> tackle/steal intercept force the ball or opponent out of bounds
7–8	<p>Measurement of the body's response to physical activity:</p> <ul style="list-style-type: none"> heart rate breathing/ respiration 	<p>Game based challenges</p>	<p>Game challenges</p> <ul style="list-style-type: none"> time clock odd numbered games movement zones <p>Understanding movement concepts</p> <ul style="list-style-type: none"> measurement of heart rate and respiration rate in response to physical activity

Week	WA Curriculum content	Key teaching concepts	Lesson content
9–10	Selection of, and transfer of, tactics between movement contexts and settings	Transferring concepts to different context	Variants <ul style="list-style-type: none"> different object/ball, method of passing (hand, foot, implement) scoring method (target, goal, zone)
11–13		Striking/fielding sports <ul style="list-style-type: none"> characteristics of striking/fielding sports 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 delivery vs a batting tee fielding ball from ground vs in the air Focus on <ul style="list-style-type: none"> increased accuracy and efficiency control of balance and stability
14		Using space	<ul style="list-style-type: none"> hitting object to where fielders are not defending hitting object out of playing area advancing a runner
15	Description of movement using basic terms referring to: <ul style="list-style-type: none"> linear motion angular motion general motion Defensive skills used to achieve and retain possession	Defending Space	<ul style="list-style-type: none"> fielding positions variety in delivery of ball where to throw ball after being hit Understanding movement concepts <ul style="list-style-type: none"> description of movement using basic terms – angular, linear, general
16	Selection and justification of responses selected to solve movement challenges	Solving movement challenges	Game challenges <ul style="list-style-type: none"> changing batting stance position of fielders (density) delivery of the ball
17–19	Modification of rules, equipment or scoring systems to allow for fair play, safety and inclusion of all participants	Game play	<ul style="list-style-type: none"> modifying rules modifying playing area
20–24		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 	Focus on <ul style="list-style-type: none"> increased accuracy and efficiency control of balance and stability attacking vs defending

Week	WA Curriculum content	Key teaching concepts	Lesson content
25		Using space	<ul style="list-style-type: none"> controlling midcourt/advantageous position on court moving opponent placement of shot
26–27		Solving movement challenges	<ul style="list-style-type: none"> playing area number of players on court with a racquet vs without a racquet
28–30	Modification of rules, equipment or scoring systems to allow for fair play, safety and inclusion of all participants	Game play	<ul style="list-style-type: none"> modifying rules and scoring systems to enable fair play and inclusion of all participants