

Year 8 Health & Physical Education

Semester 1 Unit Outline

Throughout Semester 1, students will participate in a range of health education and physical activities. The program is designed to further their understanding of wellbeing, healthy relationships, and collaboration, and to develop their movement skills across a range of situations.

Students will engage in weekly health lessons centred on Healthy Relationships and Personal Fitness. This curriculum will focus on practical strategies for building resilience and fostering positive, respectful interpersonal relationships. Furthermore, students will investigate, propose, and evaluate practical approaches for setting and achieving personal fitness and long-term well-being goals.

The practical Physical Education program is structured around key physical activities, including Flag Football, Athletics/Cross Country (which will prepare students for the School Carnivals), Fitness, and Volleyball. These activities aim to enhance students' competence, confidence, and collaborative skills by requiring them to apply and refine fundamental movement skills in dynamic, sport-specific environments.

By the end of Semester 1, students will have significantly enhanced their physical capabilities, deepened their understanding of healthy relationships, and developed practical strategies to promote personal fitness and lifelong well-being.

Learning Outcomes

Students will be assessed on the following Learning Outcomes:

- Analyses how stereotypes, respect, empathy and valuing diversity influence relationships
- Analyses the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline
- Proposes and evaluates strategies designed to achieve personal health, fitness and wellbeing outcomes
- Applies and transfers movement skills and movement concepts across a range of situations

Assessment Tasks

Students will be assessed on their participation and completion of classwork and assessment tasks.

Task	Week Due*
Applying movement skills in a variety of situations (Practical)	Ongoing
Teamwork and participation in lessons (Practical & Health)	Ongoing
Relationship Scenario Task	Week 10, Term 1
Health and Wellbeing Task	Week 7, Term 2

*Due dates are an estimate only

Teachers: Cam James and Scott Eastburn

Executive Teacher: Cheryl Pole

