

HEALTH AND PHYSICAL EDUCATION

YEAR 8

Empowerment Through Communication

This unit focuses on empowering students to critically examine and apply assertive communication strategies, protective behaviours, and help-seeking approaches in both online and offline contexts. Students will develop the skills to evaluate health information and messages, enabling them to propose practical strategies that enhance their own and others' health, safety, relationships, and overall well-being.

Athletic Excellence Unleashed

Students will analyse the influence of movement strategies on various movement outcomes and propose strategies to optimize health and fitness outcomes. The unit involves the application and transfer of movement skills and concepts across a range of situations, focusing on practical activities such as long jump, triple jump, shot put, discus, javelin, and sprints/relays to refine athletics skills.

Unity in Motion

This unit promotes inclusion, fair play, and collaboration across a range of movement contexts. Students will apply and transfer movement skills and concepts to foster inclusivity and teamwork, implementing strategies to support inclusion, fair play, and collaboration in various movement contexts. Through practical activities and collaborative exercises, students will develop their movement skills, enhance their understanding of teamwork and fair play, and promote inclusivity in physical activities.