



**By the end of year 8, students**

- Investigate strategies and resources to manage changes and transitions and their impact on identities.
- Evaluate the impact on wellbeing of relationships and respecting diversity.
- Analyse factors that influence emotional responses
- Investigate strategies and practices that enhance their own and others' health and wellbeing
- Investigate and apply movement concepts and strategies to achieve movement and fitness outcomes.
- Examine the cultural and historical significance of physical activities
- Examine how connecting to the environment can enhance health and wellbeing.
- Apply personal and social skills to establish and maintain respectful relationships and promote fair play and inclusivity.
- Demonstrate skills to make informed decisions, and propose and implement actions that promote their own and others' health, safety and wellbeing.
- Demonstrate control and accuracy when performing specialised movement skills.
- Apply and refine movement concepts and strategies to suit different movement situations.
- Apply the elements of movement to compose and perform movement sequences.

	Assessment type	%	Topic	Potential tasks
Term 1	Practical	50	<b>SASI fitness testing</b> Hockey <b>Basketball</b> Soccer	<ul style="list-style-type: none"> <li>• Students explore a holistic approach to health through the use of the health triangle.</li> <li>• Students analyse their personal health and how improvements can be made.</li> <li>• Students analyse their personal identity and determine factors that influence identity.</li> </ul>
	Theoretical	50	The health Triangle Identity Mental Health	<ul style="list-style-type: none"> <li>• Students explore the three following areas of mental health in depth – Anxiety, Depression &amp; Eating disorders.</li> <li>• Students engage in SASI fitness testing to monitor and analyse their personal fitness.</li> <li>• Students will then be involved in skill and tactical development in the following sports – Indoor Hockey, Basketball and Indoor Soccer.</li> </ul>
	Assessment type	%	Topic	Potential tasks
Term 2	Practical	50	<b>Touch Football</b> Softball <b>Badminton</b>	<ul style="list-style-type: none"> <li>• Students are involved in the comprehensive sexual health program using resources developed by SHINE SA.</li> <li>• Students will engage in prior knowledge activities to gauge current knowledge as a foundation for learning.</li> <li>• Students will view video clips, discuss ideas and complete written tasks and assessments on the following topics –</li> </ul>
	Theoretical	50	SHINE curriculum (Sexual Health)	<ul style="list-style-type: none"> <li>- Growth and Development</li> <li>- Reproductive systems</li> <li>- Relationships</li> <li>- Harm/risk scenarios</li> <li>- Communication blocks</li> </ul> <ul style="list-style-type: none"> <li>• Students engage in SASI fitness testing to monitor and analyse their personal fitness.</li> <li>• Students will then be involved in skill and tactical development in the following sports – Touch Football, Softball and European Handball.</li> </ul>