

PROFICIENCY SCALE

PRIORITISED STANDARD(S)

Year 7/8. 1067 - Evaluate strategies and resources to manage changes and transitions and investigate their impact on identities.

Units: Relationships and Puberty Yr 7

4	APPLICATION <ul style="list-style-type: none">- I can describe all components of the menstrual cycle.- I can describe what causes puberty.- I can outline strategies to regulate emotions during puberty.
3.5	<ul style="list-style-type: none">- I can describe some components of the menstrual cycle.- I can describe what some causes puberty.- I can outline some strategies to regulate emotions during puberty.
3	LEARNING GOAL (PRIORITISED STANDARD) <ul style="list-style-type: none">- I can identify the changes that occur to the male and female body during puberty.- I can identify the benefits of relationships.- I can recognise the impact of relationships on my own and others health and wellbeing.- I can describe how the reproductive process occurs.
2	PREREQUISITE SKILLS (INCLUDING VOCABULARY) <ul style="list-style-type: none">- I can identify people in my support network.- I can identify the changes that occur to my body during puberty.- I can define the term reproduction.
1	THE SIMPLER STUFF <ul style="list-style-type: none">- With Help I can perform at Score 2.
0	NO UNDERSTANDING <ul style="list-style-type: none">- Even with help, no success.

PROFICIENCY SCALE

PRIORITISED STANDARD(S)

Year 7/8. 1070 - They investigate strategies and practices that enhance their own, others' and community health, safety and wellbeing

AREA: Healthy Lifestyles Yr 7

4	APPLICATION — <ul style="list-style-type: none">- I can identify and apply multiple ways to improve my lifestyle and make healthier choices.- I can investigate places in my community that promote health and wellbeing.- I can access and interpret health information from a variety of different resources
3.5	<ul style="list-style-type: none">- I can identify ways to improve my lifestyle and make healthier choices- I can identify places in my community that promote health and wellbeing.- I can describe the Australian Dietary and Physical activity guidelines for adolescents.
3	LEARNING GOAL (PRIORITISED STANDARD) <ul style="list-style-type: none">- I can outline the components of a healthy lifestyle- I can use health information and identify how my lifestyle compares- I can access and interpret health information from provided resources
2	PREREQUISITE SKILLS (INCLUDING VOCABULARY) <ul style="list-style-type: none">- I can list the 5 food groups- I can list foods belonging to each food group.- I can list a variety of physical activities- I can list a variety of sedentary behaviours.
1	THE SIMPLER STUFF <ul style="list-style-type: none">- With Help I can perform at Score 2.
0	NO UNDERSTANDING <ul style="list-style-type: none">- Even with help, no success.

PROFICIENCY SCALE

PRIORITISED STANDARD(S)

Year 7/8. 1071 - Investigate and apply movement concepts and select strategies to achieve movement and fitness outcomes.

Units: Fitness and Cross Country Yr 7

4	APPLICATION <ul style="list-style-type: none">- I participate in fitness lessons with the purpose of improving my own fitness.- I can analyse my personal fitness results and set goals accordingly.
3.5	<ul style="list-style-type: none">- I participate in fitness lessons at an above satisfactory level.- I can analyse my personal fitness results to improve fitness outcomes
3	LEARNING GOAL (PRIORITISED STANDARD) <ul style="list-style-type: none">- I participate in fitness lessons at satisfactory level.- I can list health benefits of fitness activities
2	PREREQUISITE SKILLS (INCLUDING VOCABULARY) <ul style="list-style-type: none">- I can participate in fitness lessons.
1	THE SIMPLER STUFF <ul style="list-style-type: none">- I can participate in fitness lessons with help.
0	NO UNDERSTANDING <ul style="list-style-type: none">- Even with help, no success.

PROFICIENCY SCALE

PRIORITISED STANDARD(S)

Year 7/8. 1073 - Apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity.

Units: Fair Play, Safety and Sportsmanship Yr 7

4	APPLICATION <ul style="list-style-type: none">- I can demonstrate the qualities of a positive leader- I always demonstrate positive sportsmanship.- I always work effectively in a team.- I always apply strategies during game play to ensure all class members are included.- I always work safely while participating in physical activity.- I always use equipment safely and for its intended purpose
3.5	<ul style="list-style-type: none">- I can demonstrate most of the qualities of a positive leader- I mostly demonstrate positive sportsmanship.- I mostly work effectively in a team.- I mostly work safely while participating in physical activity.- I mostly use equipment safely and for its intended purpose
3	LEARNING GOAL (PRIORITISED STANDARD) <ul style="list-style-type: none">- I can demonstrate positive sportsmanship.- I can work effectively in a team.- I can apply strategies during game play to ensure all class members are included.- I can work safely while participating in physical activity.- I can use equipment safely and for its intended purpose.
2	PREREQUISITE SKILLS (INCLUDING VOCABULARY) <ul style="list-style-type: none">- I can work cooperatively in small groups.- I can work safely while participating in physical activity.- I can use equipment safely.
1	THE SIMPLER STUFF <ul style="list-style-type: none">- I can perform the skill using correct technique in a “closed” situation with help or cues.
0	NO UNDERSTANDING <ul style="list-style-type: none">- Even with help, no success.

PROFICIENCY SCALE

PRIORITISED STANDARD(S)

Year 7/8. 1075 - Demonstrate control and accuracy when performing specialised movement sequences and skills.

Units: Throwing and Catching, Striking, Kicking

4	APPLICATION <ul style="list-style-type: none">- I consistently apply a specific skill in a tactical way in a game situation (e.g. I can throw/strike/kick the ball in a particular direction for a tactical advantage during game play).- I consistently transfer skills from one game to another.
3.5	<ul style="list-style-type: none">- I can apply a specific skill in a tactical way in a game situation in most situations.
3	LEARNING GOAL (PRIORITISED STANDARD) <ul style="list-style-type: none">- I can perform the skill using a specific technique in an “open” situation.- I can perform the skill using correct technique in an “open” situation.- I can apply the appropriate skill into a game situation (e.g. Bowl, Pitch Shoulder, Chest, Lob, Bounce etc.).
2	PREREQUISITE SKILLS (INCLUDING VOCABULARY) <ul style="list-style-type: none">- I can perform the skill using correct technique in a “closed” situation.
1	THE SIMPLER STUFF <ul style="list-style-type: none">- I can perform the skill using correct technique in a “closed” situation with help or cues.
0	NO UNDERSTANDING <ul style="list-style-type: none">- Even with help, no success.