

Teacher(s): Henry Gowers

Faculty: *Physical Education*

Unit Duration: Semester 1, 2024

The **Australian Curriculum Achievement Standards:** N.B. While Fit for life is not currently listed as a subject in the Australian Curriculum, this subject aligns with aspects of the Science and Physical Education and Health Achievement Standards.

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Unit Description: Fit for life focuses on providing students with information to make informed choices about their own and others fitness. They will look at the different components of fitness and design sequences of activities that aim to enhance their chosen component of fitness. In addition to this they will create their own social sport league based off research into current social sport league models.

Essential Learning Outcomes developed from the Achievement Standards of the Australian Curriculum:

1. **V9.HPE.8.02-** Analyses how stereotypes, respect, empathy and valuing diversity influence relationships
2. **V9.HPE.8.05-** Applies and transfers movement skills and movement concepts across a range of situations
3. **V9.HPE.8.06-** Implements and evaluates the effectiveness of movement strategies on movement outcomes
4. **V9.HPE.8.07-** Proposes and evaluates strategies designed to achieve personal health, fitness and wellbeing outcomes
5. **V9.HPE.8.08-** Selects, uses and refines strategies to support inclusion, fair play and collaboration across a range of movement contexts

Materials and Equipment Required: Students are expected to arrive at every class with a class book/folder to write notes for that subject, a writing instrument and a Chromebook or similar, appropriate electronic device. Students are required to provide the following additional materials and equipment: *insert other required materials*

Absences from Class: Students who miss classes due to absence or excursions must negotiate with the class teacher to catch up missed work.

Use of IT in Class: A Google Classroom has been set up for this class. Students will be required to log into this Google Classroom regularly to access course material. Students must bring their Chromebook to all lessons, however, the use of these devices in class will be at the discretion of the teacher.

Homework: Any homework will be directly related to instruction and course requirements, will be assessed appropriately and may impact upon student grades. Examples of homework may include: catch up on missed classwork, revision of classwork, study for tests, assignment work, or preparation for a class presentation.

Late Work: Extensions may be negotiated with individual teachers before the due date

Plagiarism: Plagiarism is copying or using another's work and claiming it as your own. This includes copying, cutting and pasting text or using ideas directly from a text, the internet or some other source without appropriate referencing. If this happens, work may not be graded and students will be asked to discuss the assessment with the classroom teacher and Executive Teacher for that subject. Parents may be contacted as part of this process.

Assessment Portfolio: This contains evidence of work from the opportunities the students have been provided to demonstrate elements of the achievement standard.

Portfolio Assessment Tasks for this subject will include:

	Week / Date Due	Essential Learning
1. Physical Participation, Skill & Effort	Ongoing	2 & 3
2. Leadership, Fair Play and Sportspersonship	Ongoing	1&5
3. Components of fitness lesson planning and implementation	Week 6-10	3&4
4. UCHSK Social league	Week 13-18	1,

A-E Reporting Grade Descriptors These are the grades and grade descriptors for reporting at the end of each Semester.

A Demonstrating **excellent** achievement of what is expected (Consistently achieving a proficiency level of 4 or above in each of the Essential Learnings)

B Demonstrating a **high** achievement of what is expected (Consistently achieving a proficiency level of between 3 and 4 in each of the Essential Learnings)

C Demonstrating **satisfactory** achievement of what is expected (Achieving a proficiency level of 3 across the Essential Learnings)

D Demonstrating **partial** achievement of what is expected (Achieving a proficiency of between 1 and 3 across the Essential Learnings)

E Demonstrating **limited** achievement of what is expected (Achieving a proficiency of 1 or less in each of the Essential Learnings)

S **Status** is awarded where unavoidable circumstances have prevented assessment. Must be negotiated with the Principal.

Grade Descriptors and the "C" grade

In ACT public schools the Australian Curriculum Achievement Standard is aligned with a 'C' grade. The 'C' grade indicates that your child has demonstrated a satisfactory level of knowledge, understanding and skill in relation to the Achievement Standard.

Appeals

A student must initiate an appeal for any grade with their subject teacher. If a student is dissatisfied with that initial process, they must pursue further appeal through the Faculty Executive Teacher for that subject.

Executive Teacher

Ben Williams

[Click here to enter a date.](#)