

## HEALTH RELATED PHYSICAL ACTIVITY - UNIT PLAN OVERVIEW

Year Levels: 7&8		Strand: Movement and Physical Activity	Sub-Strand(s): Understanding movement/Learning through movement	Teaching Time: 10 x 50-60 min lessons
<b>Victorian Curriculum Links</b> <ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans (<a href="#">VCHPEM136</a>)</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges (<a href="#">VCHPEM140</a>)</li> </ul>				
Lesson	Lesson Focus (Link to VCHPE)	Learning Intentions	Sample Activities	Assessment
1	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> </ul>	<ul style="list-style-type: none"> <li>To understand the difference between health-related (HR) and skill-related (SR) components of fitness</li> <li>To understand various HR and SR physical fitness activities</li> <li>To understand the importance of personal goals with fitness</li> </ul>	Tuning In: Introduction to the unit Activity 1: Health-Related / Skill-Related Fitness Circuit Activity 2: Reflection Relay Reflection & Closure: Journal & Mind Map	H1 – Traffic Light Activity H2 & H3 – Mind Map Worksheets Journal
2	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To understand the difference between physical activity, physical inactivity and sedentary behaviour</li> <li>To understand the National Guidelines for my age group</li> <li>To understand the importance of the cardiorespiratory system</li> </ul>	Tuning In: What is Physical Activity / Physical Inactivity / Sedentary Behaviour? Activity 1: Fitness Components Match Up Activity 2: HR Components (Aerobic Power) Activity 3: SR Components - Agility & Speed testing Reflection & Closure: Journal OR Lesson Closure	H4 – Data Analysis Personal Audit of PA & SB H5 - Journal HRF_SRF reflection A6 – Lesson Closure Activities
3	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To understand that the fitness goals I set are personal to me and ways to measure and improve</li> <li>To understand HR and SR physical fitness activities/tests</li> <li>To compare different fitness apps based on use and relevance to my goals</li> </ul>	Tuning In: Instant Activity / Fitness Apps Activity 1: HR Components (Muscular Strength & Muscular Endurance) Activity 2: SR Components - Power & Reaction Time testing Reflection & Closure: Journal & SMART Goals	Contribution to class brainstorm – Padlet regarding fitness apps H5 - Journal HRF_SRF reflection A3 SMART Goals worksheet
4	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To understand the structure and components of an activity plan</li> <li>To select appropriate HR and SR physical fitness activities/tests</li> <li>To understand principles of frequency, intensity, time and type to my activity plan</li> </ul>	Instant Activity: Teacher Choice – <a href="#">Activity Wheel</a> , <a href="#">Active Board Games</a> , <a href="#">60 Second Physical Activity Challenges</a> Tuning In: Structure of an activity plan / FIIT Activity 1: HR Components (Flexibility) Activity 2: SR Components – Balance & Coordination testing Activity 3: Switch Reflection & Closure: Journal and Activity Plans	H6 - Activity Plan Template H5 - Journal HRF_SRF reflection
5	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To compare ways to measure HR</li> <li>To understand different HR and SR physical fitness activities</li> <li>To demonstrate participation in my activity plan</li> </ul>	Instant Activity: Teacher Choice – <a href="#">Activity Wheel</a> , <a href="#">Active Board Games</a> , <a href="#">60 Second Physical Activity Challenges</a> Tuning In: Measuring your Aerobic (cardiorespiratory) capacity Activity 1: Health Related Fitness Tag Activity 2: Climbing the Cliff Activity 3: Activity Plan Time Reflection & Closure: Journal OR Lesson Closure	H7 - Measuring Heart Rate Worksheet Journal or A6 Lesson Closure Activity Ideas
6	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To analyse the different components of an activity session</li> <li>To understand the importance of aerobic capacity with physical activity</li> <li>To demonstrate participation in my activity plan</li> </ul>	Instant Activity: Teacher Choice – <a href="#">Activity Wheel</a> , <a href="#">Active Board Games</a> , <a href="#">60 Second Physical Activity Challenges</a> Tuning In: Components of an Activity Session Activity 1: Aerobic Capacity Activity Activity 2: Fitness Bingo Activity 3: Activity Plan Time Reflection & Closure: Journal Reflection – Aerobic Power	H8 - Journal Reflection – PA session components H9 - Journal Reflection – Aerobic Power

7	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate participation in my activity plan</li> <li>To discuss how physical fitness impacts across different areas/domains</li> <li>To explore a variety of activities that can apply to a wide range of people</li> </ul>	<p>Instant Activity: Teacher Choice – <a href="#">Activity Wheel</a>, <a href="#">Active Board Games</a>, <a href="#">60 Second Physical Activity Challenges</a></p> <p>Tuning In: Impacts of physical fitness</p> <p>Activity 1: Spell Your Name</p> <p>Activity 2: I Go – You Go</p> <p>Activity 3: Activity Plan Time</p> <p>Reflection &amp; Closure: Journal OR Lesson Closure</p>	Padlet Activity – Physical Literacy A6 – Lesson Closure Activity Ideas
8	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To classify the different bones and muscles of the human body and exercises that use them</li> <li>To explain how HR/SR components are used in simple games/activities</li> <li>To demonstrate participation in my activity plan</li> </ul>	<p>Instant Activity: Teacher Choice – <a href="#">Activity Wheel</a>, <a href="#">Active Board Games</a>, <a href="#">60 Second Physical Activity Challenges</a></p> <p>Tuning In: Bones and Muscles Relay</p> <p>Activity 1: Tic Tac Toe Relay</p> <p>Activity 2: Bootcamp Scrabble</p> <p>Activity 3: Activity Plan Time</p> <p>Reflection &amp; Closure: Journal OR Lesson Closure</p>	Bones & Muscles Activity H5 – Journal OR A6 Lesson Closure Activities
9	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To discover that fitness related activities can be fun</li> <li>To compare HR and SR physical fitness components</li> <li>To explain why improving fitness components takes time and commitment</li> </ul>	<p>Instant Activity: Teacher Choice – <a href="#">Activity Wheel</a>, <a href="#">Active Board Games</a>, <a href="#">60 Second Physical Activity Challenges</a></p> <p>Tuning In: Cha Cha Slide</p> <p>Activity 1: Human Hungry Hippos</p> <p>Activity 2: Balloony Tunes</p> <p>Activity 3: Activity Plan Time</p> <p>Reflection &amp; Closure: Journal OR Lesson Closure</p>	A6 – Lesson Closure Activity Ideas
10	<ul style="list-style-type: none"> <li>Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans</li> <li>Evaluate and justify reasons for decisions and choices of action when solving movement challenges</li> </ul>	<ul style="list-style-type: none"> <li>To describe how my body responds to aerobic activity</li> <li>To understand the importance of critically reflecting on and evaluating activity plans</li> <li>To critique the value of personal fitness</li> </ul>	<p>Instant Activity: Teacher Choice – <a href="#">Activity Wheel</a>, <a href="#">Active Board Games</a>, <a href="#">60 Second Physical Activity Challenges</a></p> <p>Tuning In: 4 minute Toss and Roll Race</p> <p>Activity 1: Flip It Fitness</p> <p>Activity 2: Monopoly Fitness</p> <p>Activity 3: Activity Plan Time (post testing)</p> <p>Reflection &amp; Closure: Post-testing reflections and evaluations</p>	Post-Test Rubric (teacher to complete) H10 - Post-testing reflections and evaluation worksheet (students to complete)