



Year 8 PDHPE (Personal Development, Health & Physical Education)

	Learning Unit 1	Learning Unit 2	Learning Unit 3
Name of unit:	How My Body Grows	Sports nutrition and performance	Movement skill and performance
Theory overview:	Focuses on a range of challenges, changes and opportunities that occur throughout the lifespan with the focal point being puberty.	Students identify the relationships between diet, physical activity and health and develop their capacity to make informed decisions on the types of training & diets required to improve certain aspects of performance and health	
Practical overview:		Students will participate in a range of skill and fitness activities to analyse the Components of Fitness.	Students will learn to move with confidence and competence, and contribute to the satisfying and skilled performance of others
Estimated timeframe:	Week 6 Term 4 to Week 5 Term 2	Week 6 Term 2 to Week 5 Term 4	Week 6 Term 4 to Week 5 Term 4
Formal assessment(s):	Students create a multimedia presentation on the challenges, changes and opportunities faced throughout the lifespan	Students to design a modified sports program which aims to improve a certain health or skill related component of fitness.	Students must demonstrate and refine movement skills in a range of contexts and environments. They must also be able to combine the features and elements of movement composition.
Estimated due date of assessment:	Week 2 of Term 2	Week 6 of Term 3	Ongoing during practical lessons.

The NSW syllabuses can be viewed at: <http://syllabus.nesa.nsw.edu.au/>