

# PHYSICAL EDUCATION 9

**Time: 2 x 35 minutes per week**

**Course Description:**

In every Physical Education class, our aim is to develop the skills, impart knowledge and sporting values to assist students in managing their long term and short term individual, physical, social and emotional needs.

In Grade 7, the students will be learning the skills, rules and strategies for any of the following sports:

Indoor: Basketball, Badminton, Volleyball, Skipping & Handball  
 Outdoor: Football, Ultimate Frisbee, Modified Softball & Touch Rugby

The students will take the compulsory Fitness Test in Semester 2.

<b>SEMESTER 1</b>	<b>SEMESTER 2</b>
<ul style="list-style-type: none"> <li>• <b>TRACK &amp; FIELD</b></li> <li>• <b>FOOTBALL</b></li> <li>• <b>ULTIMATE FRISBEE</b></li> <li>• <b>MODIFIED SOFTBALL</b></li> <li>• <b>TOUCH RUGBY</b></li> <li>• <b>STRENGTH &amp; FITNESS CONDITIONING</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>SWIMMING</b></li> <li>• <b>BADMINTON</b></li> <li>• <b>VOLLEYBALL</b></li> <li>• <b>BASKETBALL</b></li> <li>• <b>HANDBALL</b></li> <li>• <b>SKIPPING</b></li> <li>• <b>ANNUAL FITNESS TEST</b></li> </ul>

## Assessment

<b>Internal Assessment</b>	<b>Weighting</b>
Continual Assessment ( CA1 + CA2 + CA3 + CA4 ) including: <ul style="list-style-type: none"> <li>- Topic tests on Rules &amp; Regulations</li> <li>- Skills tests</li> <li>- Fitness testing</li> </ul>	25 + 25 + 25 + 25
Total	100