

Shirley Smith High School Vision and Values

Grow with us.

At Shirley Smith High School, teaching and learning is authentic, rigorous, and designed to maximise student agency. We align deep disciplinary knowledge and excellent pedagogical practice to ensure our learners are empowered to find their purpose, fulfil their potential, and shape their own futures.

Students at Shirley Smith High School are:

Curious

brave and open minded inquirers with a desire to know and understand

Connected

inclusive young people connected to each other, connected to their community and connected to Country

Learners

creative empowered learners with boundless potential for their futures and the future of our planet

Subject Details

Subject/s:	Health and Physical Education	Learning Area:	Eat Move Thrive
Teacher/s:	Ben Williams, Katie Beattie, James McAuliffe, Kasie Ryan / Patrick Aves.	Learning Period:	Semester Two

Engagement in Learning

In order to facilitate active engagement in their learning, students are expected to:

- Arrive prepared for their lessons, equipped with a fully charged chromebook, a notebook, a pen or pencil, and any other subject-specific materials that may be necessary.
- Independently make an effort to retrieve and complete any missed assignments or coursework due to absences or extracurricular activities during their own time.
- Embrace the principles of the school's Yindyamarra wellbeing framework by treading lightly. This involves taking moments to pause, authentically connecting with others, engaging in deep listening, thoughtful reflection, and considering the impact of their actions on others.

Learning and Assessment Policies

Please see the school website for policies regarding the submission of late work, extension requests for assessment tasks, and plagiarism and academic integrity.

Description of Learning

Unit overview:

Community Fitness

Throughout the Community Fitness topic, students will explore and participate in a range of fitness activities. Students will investigate what fitness activities are available to them in their community and identify ways to access these programs to increase their personal fitness levels.

Health: Drugs, Alcohol and Risk Taking

The Drugs, Alcohol and Risk Taking topic focuses on the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline. Students learn to refine protective behaviours and evaluate community resources to seek help for themselves and others. They will also use these resources to plan and implement strategies to enhance their own and others' health, safety and wellbeing.

Volleyball / Sofcrosse / Softball / Badminton

The sports units focus on further development of the fundamental movement skills learned in Year 7. The essential learning priority builds on the execution of these skills and begins the introduction of rules and strategies of the sport so that students may participate in a variety of team games utilising all of the skills. The introduction of game sense and strategy becomes a focus after students have developed skills, with students demonstrating which movement strategies and skills would be most effective in different movement situations.

Unit learning outcomes:

By the end of this unit, students will demonstrate a level of achievement for the following standards:

- Analyses the effectiveness of assertive communication strategies, protective behaviours and help-seeking strategies applied online and offline.
- Analyses health information and messages to propose strategies that enhance their own and others' health, safety, relationships and wellbeing.
- Applies and transfers movement skills and movement concepts across a range of situations.
- Implements and evaluates the effectiveness of movement strategies on movement outcomes.
- Proposes and evaluates strategies designed to achieve personal health, fitness and wellbeing outcomes.

Assessment:

Task	Approximate Due Date
- Practical Skill & Strategy	Ongoing
- Community Fitness Participation & Task	Friday, Week 3
- Drugs, Alcohol and Risk Taking Classwork & Assignment	Friday, Week 7
- Volleyball Skills Task	Friday Week 10
- Softball Strategy Task	Friday, Week 16

Learning Experiences

Throughout the unit, students may have the opportunity to engage in the following learning experiences:

Incursions/Excursions - Community Services Presentation, Tuesday Week 2, Term 3.

Competitions - Interschool Sport competitions (specific events TBC)