<table>
<thead>
<tr>
<th>Unit Name</th>
<th>Main Ideas</th>
<th>Duration</th>
<th>Assessment Item</th>
<th>Due Date</th>
</tr>
</thead>
</table>
| Active Aussies?                 | Students:  
  • examine the role of physical activity in people’s lives  
  • examine the factors that influence people’s decisions to participate in physical activity  
  • understand the factors that shape cultural identity  
  • investigate that the changes in participation in physical activity over time  
  • examine changing cultural identity – physical activity over time  
  • link changes in physical activity to changing cultural identity. | 8 lessons | Exam            | Week 7  
  Tuesday 12th March 2019       |
| Space Invaders (European Handball) | Students will:  
  • understand the common objectives of invasion games  
  • understand how to position and reposition in space to support team possession of the ball collaboratively  
  • devise a code of behaviour that promotes fair play and equitable participation  
  • develop leadership skills and work collaboratively  
  • develop and refine attacking and defending skills and strategies  
  • evaluate personal contribution to teamwork and team outcomes. | 8 lessons | Performance      | Week 5  
  Tuesday 26th February 2019    |
| Moving more matters? (AFL 9’s)   | Students will:  
  • explore the changing role of physical activity in the lives of Australians  
  • become familiar with Australia’s physical activity and sedentary behaviour guidelines  
  • explore the context and design features for community fitness interventions  
  • become familiar with major muscle groups, fitness components and training principles  
  • propose, perform and evaluate their own fitness workout to improve fitness and physical activity levels in their community. | 8 lessons | Performance      | Week 9  
  Tuesday 26th March 2019        |