### Active Aussies?

**Main Ideas**
- 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 the changing cultural identity – physical activity over time
- link the changes in physical activity to changing cultural identity

**Duration (weeks)**: 7

**Assessment Item**: Exam

**Due Date**: Week 8

**Exam Date**: Tuesday 21st November 2017

### Moving more matters!

**Students select from:** Olympic weightlifting, Girls rugby league, Speedminton OR Futsal

**Main Ideas**
- 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.

**Duration (weeks)**: 8

**Assessment Item**: Practical

**Due Date**: Week 8

**Practical Date**: Thursday 23rd November 2017

### Literacy Components

- **Speaking and Listening**: Students will be involved in a range of class discussions around the units being studied, along with team work discussions during activities and games and the practical assessment.
- **Reading & Viewing**: Students will review a range of information and videos to support the information being taught.
- **Writing & Designing**: Students will record notes into their notebooks and complete a range of worksheets and assessment exam.

### Numeracy Components

- **Number**: Students will use numbers to set up spaces for a range of activities.
- **Algebra**:
- **Measurement**:
- **Space**: Students develop spatial awareness and awareness of sport specific location and movement sequences.
- **Chance & Data**:

### ICT/Technology Components

- **Select and use ICTs in the processes of inquiry and research**: Students will use ICTs to research the role physical activity has had in shaping our cultural identity.
- **Select and use ICTs to create a range of responses to suit the purpose and audience**:
- **Select and use ICTs to collaborate and enhance communication for an identified purpose and audience**:
- **Develop and apply ethical, safe and responsible practices when working with ICTs**: Students will look for a range of credible internet sites when looking for materials and use safe internet strategies and procedures.
- **Use a range of advanced ICT functions and applications**: