

Kurri Kurri High School

Year 8 Lifestyle Assessment Schedule 2023

Course: Lifestyle

| | Task 1 | Task 2 | Task 3 | Task 4 | Task 5 | Task 6 |
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| Due Date/ Date of Task | Term 2 Week 3 | Term 1 Ongoing | Term 3 Week 3 | Term 2 Ongoing | Term 4 Week 3 | Term 4 Week 3 |
| Topic | Click, Like ,Share | Athletics | Let's Get Physical | Basketball | Sports in Action | Sports in Action |
| Name of Task | Theory: Cyber Safety Campaign | Practical: Athletic Events | Theory: KKHS Find your 30 | Practical: Self & Peer Observation | Theory | Practical |
| Brief Description | Students will work individually to create an designed to raise awareness and educate about how to safely navigate the online world. Students will work collaboratively to create a social media campaign to promote 'Respect Online' | Students will participate in a range of athletic events and be assessed on their fundamental movement skills as well as the physical literacy markers. | Students will work individually to research the importance of an active healthy lifestyle. Students will work collaboratively to design a Fitness Promotion with the aim of encouraging a lifetime of physical activity in the KKHS community. | Students will be assessed by themselves and peers on their development and adaption of movement skills to complex Basketball movement challenges. | Students will work both individually and collaboratively to develop and implement event management skills to successfully organise and run a round robin Netball competition. | Students will be assessed on their movement skills and tactical development during the Sports in Action Netball Competition |
| Components | Knowledge and understanding of the safe and ethical use of technology. Self-management: Help-seeking Interpersonal: Communication, Collaboration, Leadership and advocacy, Social awareness | Locomotor skills Fundamental movement skills Physical literacy: Measurement Movement Skills: Fundamental and specialised movement skills and concepts, Tactical and creative movement, | Knowledge & understanding of the health related fitness components and the benefits of an active lifestyle Self-management: Decision making and problem solving Interpersonal: Collaboration, Inclusion | Provide and apply feedback to develop and refine specialised movement skills. Movement Skills: Fundamental and specialised movement skills and concepts, Tactical and creative movement, | Knowledge & understanding of the Event management skills to effectively manage complex situations. Interpersonal skills to promote inclusion in a variety of group or contexts. Skills: Self-management: Self-awareness, Decision-making and problem-solving Interpersonal: Communication, Social awareness | Ability to adapt and improvise movement skills across a range of physical activity contexts. Movement Skills: Tactical and creative movement, Health and fitness enhancing movement. |
| Syllabus Outcomes Assessed | PD 4-1 PD 4-2 PD 4-3 | PD 4-4 PD4-11 | PD4-6 PD4-7 PD4-8 | PD4-5 PD4-10 | PD4-3 PD4-6 PD4-9 PD-10 | PD4-4 PD4-7 PD4-8 |

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| Weighting | 20% | 10% | 20% | 10% | 20% | 20% |
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