

Year 8 Health and Physical Education

Work rate calendar (WRC) 2025

Term 1

All students are expected to participate in all online lessons and complete all assessment as outlined in this **Work rate calendar**.

Teachers may adjust topics, class work, assessment and submission dates. Adjustments will be communicated via QLearn or during lessons.

Assessment

Supervised assessment Summative exams are to be supervised by the student's official exam supervisor.

Non-supervised assessment Students must sign declaration of academic integrity.

Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	27 Jan – 31 Jan	Unit 1 Physical Fitness	Monday 27 January – Australia Day holiday Introduction to Nutrition and Basketball Influences on Food Choices Practical lesson: Basketball Skills and Techniques	
2	3 Feb – 7 Feb		Reading Food Labels The Food Groups Practical lesson: Basketball Skills and Techniques	
3	10 Feb – 14 Feb		The Australian Guide to Healthy Eating The Nutrients Practical lesson: Basketball Skills and Techniques	
4	17 Feb – 21 Feb		Energy Balancing my Diet Practical lesson: Movement Strategies	
5	24 Feb – 28 Feb		Analysing my Diet <i>HPE_08_SA1_Unit 1: Part A + B Nutrition (issued)</i> Practical lesson: Movement Strategies	
6	3 Mar – 7 Mar		<i>HPE_08_SA1_Unit 1: Part A + B Nutrition (continued)</i> Practical lesson: Movement Strategies	
7	10 Mar – 14 Mar		<i>HPE_08_SA1_Unit 1: Part A + B Nutrition (submitted)</i> <i>HPE_08_SA1_Unit 1: Part A + B Nutrition (issued)</i> Practical lesson: Video & submit practical assessment draft	<i>HPE_08_SA1_Unit 1: Part A + B Nutrition</i> <i>HPE_08_SA2 Unit 1: Basketball Submission 1 (draft) Due 5pm Friday 14 March</i>
8	17 Mar – 21 Mar		<i>HPE_08_SA1_Unit 1: Part A + B Nutrition (continued)</i> Practical lesson: Revision and refinement of skills and strategies	<i>HPE_08_SA2 Unit 1: Basketball Submission 2 (Final)</i>
9	24 Mar – 28 Mar		Monday 24 March – Wednesday 26 March — School camp: Years 7–8 Super Foods Healthy Snacking <i>HPE_08_SA1_Unit 1: Part A + B Nutrition (submitted)</i> Practical lesson: Introduction to Term 2 performance	<i>HPE_08_SA1_Unit 1: Part A + B Nutrition</i>
10	31 Mar – 4 Apr		Thursday 3 April— Cross country / Fun run: Prep – Year 12 Introduction to the Term 2 practical units	

Year 8 Health and Physical Education

Work rate calendar (WRC) 2025

Term 2

All students are expected to participate in all online lessons and complete all assessment as outlined in this **Work rate calendar**.

Teachers may adjust topics, class work, assessment and submission dates. Adjustments will be communicated via QLearn or during lessons.

Assessment

Supervised assessment Summative exams are to be supervised by the student's official exam supervisor.

Non-supervised assessment Students must sign declaration of academic integrity.

Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	21 Apr – 25 Apr	Unit 2: Positive Relationships and Athletics or Dance	Monday 21 April- Easter Monday Friday 25 April ANZAC Day Introduction to esafety website and resources What are Emotions? Identifying Emotions Preparing for Dance or Athletics Practical Lesson: Introduction to Dance or Athletics	
2	28 Apr – 2 May		Gender Stereotypes, Respect in Relationships and Coercive Control Small Steps 4 Hannah Digital Footprint How to manage your personal digital footprint Practical Lesson: Dance – Macarena/Athletics – Sprinting and sprint starts	
3	5 May – 9 May		Monday 5 May — Labour Day Cyberbullying- Aboriginal and Torres Strait Islander persons Cyberbullying LGBTI- young persons Practical Lesson: Dance – Copperhead Rd/Athletics – Shot Put	
4	12 May – 16 May		Responding Respectfully A Responding Respectfully B Practical Lesson: Dance – Nutbush/Athletics Shot Put Glide	
5	19 May – 23 May		Online and Offline Relationships A Online and Offline Relationships B Practical Lesson: Dance – Footloose/Athletics – Middle Distance Running	
6	26 May – 30 May		Cyberbullying Strategies A Cyberbullying Strategies B Cybersmart Detectives Video Practical Lesson: Dance – Cha Cha/Athletics – Middle Distance Running/ Video & submit practical and theory athletics/dance assessment draft	HPE_08_SA5_Unit 2: Athletics/Dance Submission 1 (draft) Due 5pm Friday 30 May
7	2 June – 6 June		HPE_08_SA4_Unit 2: Positive Relationships (Part A + B) (issued/submitted) Practical lesson: Dance – Jive/ Revision and refinement of skills and strategies	
8	9 Jun – 13 Jun		HPE_08_SA4_Unit 2: Positive Relationships (Part A + B) (submitted) Practical Lesson: Video & submit practical and theory athletics/ dance assessment Final	HPE_08_SA4_Unit 2: Positive Relationships (Part A + B) HPE_08_SA6_Unit 2: Athletics/Dance Practical and Theory Submission 2 (Final) Due 5pm Friday 13 June
9	16 Jun – 20 Jun		For the Birds Quaden Bayles case study- Australian Story episode 2024 Social Media Practical Lesson: Dance/Athletics	
10	23 Jun – 27 Jun		Friday 27 June — Athletics carnival / Sports day: Prep – Year 12 Daniel Morcombe Foundation: Day for Daniel Daniel Morcombe Foundation: That's Suss eSafety Challenge Practical Lesson: Dance/Athletics	

Disclaimer: Information contained in this document is correct at time of publishing.

Year 8 Health and Physical Education

Work rate calendar (WRC) 2025

Term 3

All students are expected to participate in all online lessons and complete all assessment as outlined in this **Work rate calendar**.

Teachers may adjust topics, class work, assessment and submission dates. Adjustments will be communicated via QLearn or during lessons.

Assessment

Supervised assessment Summative exams are to be supervised by the student's official exam supervisor.

Non-supervised assessment Students must sign declaration of academic integrity.

Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	14 Jul – 18 Jul	Unit 1 Physical Fitness	Introduction to Nutrition and Basketball Influences on Food Choices Practical lesson: Basketball Skills and Techniques	
2	21 Jul – 25 Jul		Reading Food Labels The Food Groups Practical lesson: Basketball Skills and Techniques	
3	28 Jul – 1 Aug		The Australian Guide to Healthy Eating The Nutrients Practical lesson: Basketball Skills and Techniques	
4	4 Aug – 8 Aug		Energy Balancing my Diet Practical lesson: Movement Strategies	
5	11 Aug – 15 Aug		Wednesday 15 August — Royal Queensland (Ekka) Show Holiday Analysing my Diet <i>HPE_082_SA1_Unit 1: Part A + B Nutrition (issued)</i> Practical lesson: Movement Strategies	
6	18 Aug – 22 Aug		<i>HPE_082_SA1_Unit 1: Part A + B Nutrition (continued)</i> Practical lesson: Movement Strategies	
7	25 Aug – 29 Aug		<i>HPE_082_SA1_Unit 1: Part A + B Nutrition (submitted)</i> <i>HPE_082_SA1_Unit 1: Part A + B Nutrition (issued)</i> Practical lesson: Video & submit practical assessment draft	<i>HPE_082_SA1_Unit 1: Part A + B Nutrition</i> <i>HPE_082_SA2_Unit 1: Basketball Submission 1 (draft)</i> Due by 5pm Friday 29 August
8	1 Sep – 5 Sep		Friday 5 September — Student free day <i>HPE_082_SA1_Unit 1: Part A + B Nutrition (continued)</i> Practical lesson: Revision and refinement of skills and strategies	
9	8 Sept – 12 Sept		Friday 12 September — Connect day: Years 7-8 Super Foods Healthy Snacking Practical lesson: Video & submit practical assessment final Friday 12 Sept <i>HPE_082_SA1_Unit 1: Part A + B Nutrition (Submitted)</i>	<i>HPE_082_SA1_Unit 1: Part A + B Nutrition</i> <i>HPE_082_SA2_Unit 1: Basketball Submission 2 (Final)</i> Due by 5pm Friday 12 September <i>HPE_082_SA1_Unit 1: Part A + B Nutrition (final)</i>
10	15 Sept – 19 Sept		Wednesday 17 September — Connect day: Years 9-10 Introduction to the Term 4 practical units	

Disclaimer: Information contained in this document is correct at time of publishing.

Year 8 Health and Physical Education

Work rate calendar (WRC) 2025

Term 4

All students are expected to participate in all online lessons and complete all assessment as outlined in this **Work rate calendar**.

Teachers may adjust topics, class work, assessment and submission dates. Adjustments will be communicated via QLearn or during lessons.

Assessment

Supervised assessment Summative exams are to be supervised by the student's official exam supervisor.

Non-supervised assessment Students must sign declaration of academic integrity.

Week	Dates	Unit	Topic	Class work / Assessment to be submitted
1	6 Oct – 10 Oct	Unit 2 : Positive Relationships and Athletics or Dance	Introduction to eSafety website and resources What are Emotions? Identifying Emotions Preparing for Dance or Athletics Practical Lesson: Introduction to Dance or Athletics	
2	13 Oct – 17 Oct		Gender Stereotypes, Respect in Relationships and Coercive Control Small Steps 4 Hannah Digital Footprint How to manage your personal digital footprint Practical Lesson: Dance – Macarena/Athletics – Sprinting and sprint starts	
3	20 Oct – 24 Oct		Monday 14 October – Wednesday 16 October — School camp: Years 9–10 Cyberbullying- Aboriginal and Torres Straight Island People Cyberbullying- LGBTI young people Day for Daniel Daniel Morcombe Foundation Friday 24 October Daniel Morcombe Foundation That's Suss Esafety Challenge Practical Lesson: Dance – Copperhead Rd/Athletics – Shot Put	
4	27 Oct – 31 Oct		Responding Respectfully A Responding Respectfully B Practical Lesson: Dance – Nutbush/Athletics Shot Put Glide	
5	3 Nov – 7 Nov		Online and Offline Relationships A Online and Offline Relationships B Practical Lesson: Dance – Footloose/Athletics – Middle Distance Running	
6	10 Nov – 14 Nov		Cyberbullying Strategies A Cyberbullying Strategies B Cybersmart Detectives video Practical Lesson: Dance – Cha Cha/Athletics – Middle Distance Running/ Video & submit practical and theory athletics/dance assessment draft	<i>HPE_082_SA5_Unit 2: Athletics/Dance Submission 1 (draft)</i> Due Friday 5pm Friday 14 Nov
7	17 Nov – 21 Nov		Friday 21 November — Aquatic carnival: Prep – Year 11 <i>HPE_082_SA4_Unit 2: Positive Relationships (Part A + B) (issued/submitted)</i> Practical lesson: Dance – Jive/ Revision and refinement of skills and strategies	<i>HPE_082_SA4_Unit 2: Positive Relationships (Part A + B)</i>
8	24 Nov – 28 Nov		Friday 28 November Stem Connect day: Years 5-9 Friday 28 November — Final day: Years 10–11 <i>HPE_082_SA4_Unit 2: Positive Relationships (Part A + B) (issued)</i> Practical Lesson: Video & submit athletics and dance practical and theory assessment Final	<i>HPE_082_SA4_Unit 2: Positive Relationships (Part A + B)</i> <i>HPE_082_SA6_Unit 2: Athletics/Dance Submission Practical and Theory 2 (Final)</i> Due 5pm Friday 28 Nov
9	1 Dec – 5 Dec		<i>HPE_082_SA4_Unit 2: Positive Relationships (Part A + B) (submitted)</i> <i>HPE_082_SA6_Unit 2: Athletics/Dance Submission 2 (Final)</i> Quaden Bayles case study- Australian Story episode 2024 and Social Media Practical Lesson: Dance/Athletics	
10	8 Dec – 12 Dec		Daniel Morcombe Foundation Continued Interactive Scenario DMF website That's Suss	

Disclaimer: Information contained in this document is correct at time of publishing.

LEGEND Class work — send-in Summative assessment Exam block School events Public holidays Student free day