

Year 8 Health and Physical Education

Work rate calendar (WRC) 2024 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	22 Jan – 26 Jan	Unit 1 Physical Fitness	Monday 22 January — Welcome calls for students: Prep – Year 12	
			Wednesday 24 January — Learning for success: Prep – Year 12	
			Friday 26 January — Australia Day Holiday	
			Introduction to Nutrition and Basketball	
			Influences on Food Choices	
			Practical lesson: Basketball Skills and Techniques	
2	29 Jan – 2 Feb	Unit 1 Physical Fitness	Reading Food Labels	
			The Food Groups	
			Practical lesson: Basketball Skills and Techniques	
3	5 Feb – 9 Feb	Unit 1 Physical Fitness	The Australian Guide to Healthy Eating	
			The Nutrients	
			Practical lesson: Basketball Skills and Techniques	
4	12 Feb – 16 Feb	Unit 1 Physical Fitness	Energy	
			Balancing my Diet	
			Practical lesson: Movement Strategies	
5	19 Feb – 23 Feb	Unit 1 Physical Fitness	Analysing my Diet	
			Nutrition Task A issued	
			Practical lesson: Movement Strategies	
6	26 Feb – 1 Mar	Unit 2 Positive Relationships and Athletics or Dance	Nutrition Task A cont...	
			Practical lesson: Movement Strategies	Basketball Submission Draft
				Due 5pm Friday 1 March
7	4 Mar – 8 Mar	Unit 2 Positive Relationships and Athletics or Dance	Nutrition Task B	
			Practical lesson: Video & submit practical assessment draft	Nutrition Task A
				Due by 5pm Friday 8 March
8	11 Mar – 15 Mar	Unit 2 Positive Relationships and Athletics or Dance	Nutrition Task B cont...	
			Practical lesson: Revision and refinement of skills and strategies	
			Practical lesson: Video & submit practical assessment final	Basketball Final Submission:
				Due by 5pm Friday 15 March
9	18 Mar – 22 Mar	Unit 2 Positive Relationships and Athletics or Dance	Monday 18 March – Wednesday 20 March — School camp: Years 7–8	
			Super Foods	
			Healthy Snacking	
			Practical lesson: Video & submit practical assessment final	Nutrition Task B
				Due by 5pm Friday 22 March.
10	25 Mar – 29 Mar	Unit 2 Positive Relationships and Athletics or Dance	Thursday 28 March — Cross country / Fun run: Prep – Year 12	
			Friday 29 March — Good Friday	
			Nutrition cont...	
			Practical lesson: Introduction to the Term 2 practical units	

Year 8 Health and Physical Education

Work rate calendar (WRC) 2024 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	15 Apr – 19 Apr	Unit 2 : Positive Relationships and Athletics or Dance	What are Emotions? Preparing for Dance or Athletics Practical Lesson: Introduction to Dance or Athletics	
2	22 Apr – 26 Apr		Identifying Emotions Cyberbully- Disability- Strategies for Safety Practical Lesson: Dance – Macarena/Athletics – Sprinting and sprint starts	
3	29 Apr – 3 May		Monday 1 May — Labour Day Cyberbullying- Aboriginal and Torres Straight Islander people Cyberbullying LGBTI- young people Practical Lesson: Dance – Copperhead Rd/Athletics – Shot Put	
4	6 May – 10 May		Responding Respectfully A Responding Respectfully B Practical Lesson: Dance – Nutbush/Athletics Shot Put Glide	
5	13 May – 17 May		Online and Offline Relationships A Online and Offline Relationships B Practical Lesson: Dance – Footloose/Athletics – Middle Distance Running	
6	20 May – 24 May	Unit 2 : Positive Relationships and Athletics or Dance	Cyberbullying Strategies A Cyberbullying Strategies B Practical Lesson: Dance – Cha Cha/Athletics – Middle Distance Running/ Video & submit practical assessment draft	Dance/Athletics submit Draft Due 5pm Friday 24 May
7	27 May – 31 May		Positive Relationships Assignment work Practical lesson: Dance – Jive/ Revision and refinement of skills and strategies	
8	3 Jun – 7 Jun		Positive Relationships Assignment work Practical Lesson: Video & submit practical assessment Final	Dance/Athletics submit Final Positive Relationships Assignment Due 5pm Friday 7 June
9	10 Jun – 14 Jun		For the birds Social Media Practical Lesson: Dance/Athletics	
10	17 Jun – 21 Jun	Unit 2 : Positive Relationships and Athletics or Dance	Friday 21 June — Athletics carnival / Sports day: Prep – Year 12 Health: Positive relationships Practical Lesson: Dance/Athletics	

Year 8 Health and Physical Education

Work rate calendar (WRC) 2024 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	8 Jul – 12 Jul	Unit 1: Physical Fitness	Introduction to Nutrition and Basketball Influences on Food Choices Practical lesson: Basketball Skills and Techniques	
2	15 Jul – 19 Jul		Reading Food Labels The Food Groups Practical lesson: Basketball Skills and Techniques	
3	22 Jul – 26 Jul		The Australian Guide to Healthy Eating The Nutrients Practical lesson: Basketball Skills and Techniques	
4	29 Jul – 2 Aug		Energy Balancing my Diet Practical lesson: Movement Strategies	
5	5 Aug – 9 Aug		Analysing my Diet Nutrition Task A issued Practical lesson: Movement Strategies	
6	12 Aug – 16 Aug	Unit 1: Physical Fitness	Wednesday 14 August — Royal Queensland (Ekka) Show Holiday Nutrition Task A cont... Practical lesson: Movement Strategies	Basketball Submission Draft Due 5pm Friday 16 March
7	19 Aug – 23 Aug		Nutrition Task B Practical lesson: Video & submit practical assessment draft	Nutrition Task A Due by 5pm Friday 23 August
8	26 Aug – 30 Aug		Friday 30 August — Student free day Nutrition Task B cont... Practical lesson: Video & submit practical assessment final	Basketball Final Submission: Due by 5pm Friday 30 August
9	2 Sept – 6 Sept		Super Foods Healthy Snacking Practical lesson: Video & submit practical assessment final	Nutrition Task B Due by 5pm Friday 30 August
10	9 Sept – 13 Sept		Wednesday 11 September — Connect excursion: Years 7–9 Friday 13 Septe Nutrition cot. Practical lesson: Introduction to the Term 4 practical units	

Year 8 Health and Physical Education

Work rate calendar (WRC) 2024 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	30 Sept – 4 Oct	Unit 2 : Positive Relationships and Athletics or Dance	What are Emotions Preparing for Dance or Athletics Practical Lesson: Introduction to Dance or Athletics	
2	7 Oct – 11 Oct		Identifying emotions Cyberbullying- Disability- Strategies for Safety Practical Lesson: Dance – Macarena/Athletics – Sprinting and sprint starts	
3	14 Oct – 18 Oct		Monday 14 October – Wednesday 16 October — School camp: Years 9–10 Cyberbullying- Aboriginal and Torres Straight Island People Cyberbullying- LGBTI young people The Championships B Practical Lesson: Dance – Copperhead Rd/Athletics – Shot Put	
4	21 Oct – 25 Oct		Responding Respectfully A Responding Respectfully B Practical Lesson: Dance – Nutbush/Athletics Shot Put Glide	
5	28 Oct – 1 Nov		Online and Offline Relationships A Online and Offline Relationships B Practical Lesson: Dance – Footloose/Athletics – Middle Distance Running	
6	4 Nov – 8 Nov	Unit 2 Positive Relationships and Athletics or Dance:	Cyberbullying Strategies A Cyberbullying Strategies B Practical Lesson: Dance – Cha Cha/Athletics – Middle Distance Running/ Video & submit practical assessment draft	Dance/Athletics submit Draft Due Friday 5pm Friday 8 Nov
7	11 Nov – 15 Nov		Positive Relationships Assignment work Practical lesson: Dance – Jive/ Revision and refinement of skills and strategies	
8	18 Nov – 22 Nov		Friday 22 November — Aquatic carnival: Prep – Year 11 Friday 22 November — Final day: Years 10–11 Positive Relationships Assignment work Practical Lesson: Video & submit practical assessment Final	Dance/Athletics submit Final Positive Relationships Assignment Due 5pm Friday 22 Nov
9	25 Nov – 29 Nov		For the birds Social Media Practical Lesson: Dance/Athletics	
10	2 Dec – 6 Dec		Health: Positive relationships Practical Lesson: Dance/Athletics	
11	9 Dec – 13 Dec		Wednesday 11 December — Connect day: Years 7-9 Review of Social Media sites – personal preferences	