

8HPE 2020: The Resilience Project and Hardcore Handball

Achievement Standard:

By the end of Year 8, students evaluate strategies and resources to manage changes and transitions and investigate their impact on identities. Students **evaluate the impact on wellbeing of relationships** and valuing diversity. They analyse factors that influence emotional responses. They **investigate strategies and practices that enhance their own, others' and community health, safety and wellbeing**. They investigate and **apply movement concepts and select strategies to achieve movement and fitness outcomes**. They examine the cultural and historical significance of physical activities and examine how connecting to the environment can enhance health and wellbeing.

Students **apply personal and social skills to establish and maintain respectful relationships and promote safety, fair play and inclusivity**. They demonstrate skills to make informed decisions, and **propose and implement actions** that promote their own and others' health, safety and wellbeing. Students **demonstrate control and accuracy when performing specialised movement sequences and skills**. They apply movement concepts and refine strategies to suit different movement situations. They apply the elements of movement to compose and perform movement sequences.

Unit Specific Information:

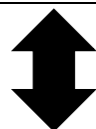
In this unit students will be completing The Resilience Project. This program focuses on four key areas, which include Gratitude, Empathy, Mindfulness and Emotional Literacy. Students will interact in a variety of structured sessions that aim to improve overall resilience and happiness. Students will improve their capacity to deal with challenges, changes and stressors that can arise in day-to-day life. Students will understand various concepts relating to resilience and be to apply this understanding to their own life. Thus increasing the personal and social capability and intercultural understanding of the student. Students apply personal and social skills to establish and maintain respectful relationships that promote fair play and inclusivity. They participate in a variety of handball games. They apply and refine movement concepts and strategies to suit different movement situations in handball.

Assessment Details:
Exam + Proposal
(150-200 words) –
WK 8
Practical
Performance – ALL
TERM



READING / VIEWING / LISTENING:
 Core Text 1: THE RESILIENCE PROJECT – Year 8 Handbook
 Reading Comprehension Persuasive Article
 Videos - online

COMPREHENSION SKILL FOCUS:
 Determining Importance [Identifying and Synthesising Ideas of Persuasive Text]
INTERPRETING



THINKING:
 Analyse, Apply, Communicate, Describe, Evaluate, Explain, Justify, Recognise, Understand



WRITTEN / SPOKEN / MULTI-MODAL TEXT
 Written Response to Stimulus
 FOCUS: SENTENCE LEVEL, PERSUASIVE TEXTS
 HIGHLY VALUED LANGUAGE FEATURE FOCUS:
 Identification and Justification or Argument

ASOT STRATEGIES:

Design question 4: Conducting practicing and deepening lessons
 Element 9: Using structured practice sessions

Design question 5: Conducting knowledge application lessons
 Element 19: Reflecting on Learning
 Element 22: Organising Students to Interact

* This design question is to be used for both practical and theory

GURANTEED VOCAB:

Adolescent, emotion, empathy, drill, European handball, gratitude, mindfulness, emotional literacy, happiness, mental health, stress, awareness

Standard Elaborations

	Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074) Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075)	Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations (ACPMP080) Practise and apply personal and social skills when undertaking a range of roles in physical activities (ACPMP086)
1	I can increase my understanding of what resilience is, including gratitude, empathy, mindfulness and emotional wellbeing, and be able to apply this to recognised daily life struggles and stressors to improve mine and others overall resilience and happiness.	I can apply personal and social skills to establish and maintain respectful relationships that promote fair play and inclusivity. I can apply movement concepts and refine offensive and defensive strategies to suit different handball game contexts.
2	Booklet – Complete 2020 The Resilience Project Year 8 HPE Book Exam – Short Response Stimulus Proposal – Develop a justified KSHS Resilience Day plan that is inclusive and demonstrates all aspects of the Resilience Project. Students are required to identify and explain the What, Who, When and Why of this proposal. Students are to analyse and evaluate the effectiveness of this day in the KSHS community and how it will enhance the community health and wellbeing.	Part A: Personal and social skills Apply personal and social skills by working as a group to teach another group a handball skill or strategy Part B: Application of offensive and defensive strategies Apply the offensive and defensive strategies (fast break, single-pivot attack, one-on-one and zone) in games of handball. <ul style="list-style-type: none"> Applies offensive and defensive strategies in a range of game situations Refines offensive and defensive strategies (fast break, single-pivot attack, one-one-one and zone) in handball games Participates in attack and defence Performs movement skills

Learning Goals:

Strands & Sub Strands	Australian Curriculum Content Descriptors	Kirwan High Learning Goals	
		Knowledge	Skills
<ul style="list-style-type: none"> Communicating and interacting for health and wellbeing 	<ul style="list-style-type: none"> Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074) 	<ul style="list-style-type: none"> Analysing how their relationships influence behaviours and actions Analysing how behaviours, actions and responses to situations can change depending on whether they are by themselves, with friends or with family 	<ul style="list-style-type: none"> exploring skills and strategies needed to communicate and engage in relationships in respectful ways
<ul style="list-style-type: none"> Communicating and interacting for health and wellbeing 	<ul style="list-style-type: none"> Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity (ACPPS075) 	<ul style="list-style-type: none"> Investigating personal, social and cultural factors that influence the way individuals respond emotionally to different situations recognising and interpreting emotional responses to stressful situations and proposing strategies for managing these responses exploring the impact of different ways of communicating, how these impact on emotions and can show respect (or not) for self and others 	<ul style="list-style-type: none"> exploring different viewpoints, practicing being empathetic and considering alternative ways to respond
<ul style="list-style-type: none"> Genre Focus: 	<ul style="list-style-type: none"> Proposal <ul style="list-style-type: none"> Community Health Improvement Proposal - KSHS Resilience Day 	<ul style="list-style-type: none"> Purposeful understanding of the genre Understanding of key language features 	<ul style="list-style-type: none"> Purposeful use of phrases Purposeful use of language features

SUGGESTED OUTLINE FOR RESILIENCE PROJECT – YEAR 8 – 2020 (ONLY SUGGESTION) – Aim to have 15 lessons done by exam however this will be monitored and exam written/graded accordingly

Week	Lesson 1	Lesson 2	Lesson 3
1	No Lesson	No Lesson	No Lesson
2	Intro Lesson/1	2	Prac
3(no swimming carnival interference)	3	Literacy Lesson – Attached in Folder under literacy lesson [T:\Sport\Subjects\Year 8 HPE\2020\Term 1 - Resilience & Euro Handball\Lesson Resources\Theory\Literacy Lesson]	Prac
4	4 & 5	6& 7	Prac (prac assessment - group)
5	8	9 (communication lesson – additional)	Prac (prac assessment - group)
6	10	11	Prac (prac assessment - group)
7	12&13	14	Prac (performance assessment)
8	15&17	Exam	Prac (performance assessment)
9	16&18	19	Prac
10	20	21	Prac