



Unit Outline Year 7 Semester 1 2026

Physical and health Education

Course Description and aims

MYP physical and health education aims to empower students to understand and appreciate the value of being physically active while developing the motivation for making healthy and informed life choices.

To this end, physical and health education courses foster the development of knowledge, skills and attitudes contributing to a balanced and healthy lifestyle. Students engaged in physical and health education will explore a variety of concepts that help foster an awareness of physical development and health perspectives, as well as positive social interaction. Physical activity and health are of central importance to human identity and global communities, creating meaningful connections among people, nations, cultures and the natural world.

Through physical and health education, students learn to appreciate and respect the ideas of others and develop effective collaboration and communication skills. This subject area also offers many opportunities to build positive interpersonal relationships that can help students to develop a sense of social responsibility and intercultural understanding

MYP Assessment criteria

Criterion A: Knowing and understanding

Students develop knowledge and understanding about health and physical activity in order to identify and solve problems.

Criterion B: Planning for performance

Students through inquiry design, analyse, evaluate and perform a plan in order to improve performance in physical and health education.

Criterion C: Applying and performing

Students develop and apply practical skills, techniques, strategies and movement concepts through their participation in a variety of physical activities.

Criterion D: Reflecting and improving performance

Students enhance their personal and social development, set goals, take responsible action and reflect on their performance and the performance of others.

Course Outline

In Year 7 Health and Physical Education, students participate in a range of individual and team-based activities designed to develop fundamental movement skills, game sense, communication, teamwork, and social engagement. The physical education component focuses on Athletics, Volleyball, Basketball, Soccer, Aussie Rules, Oztag, Touch, and Indigenous and Modified Games, providing opportunities for students to improve performance, engage in peer coaching, and reflect on goals and outcomes.

The health unit explores topics related to food and nutrition, healthy people, and healthy communities through individual tasks, group projects, and class discussions that encourage personal reflection and informed decision-making. Assessment is based on the International Baccalaureate Middle Years Programme Criteria alongside the Australian Curriculum Achievement Standards, emphasizing skill development, understanding of health concepts, and collaboration.

Overall, the course aims to enhance students' physical competence, health literacy, and social interaction while promoting the value of lifelong physical activity and wellbeing.

Assessment Tasks

Assessment Task	Due*
Health - Knowledge and understanding - Criterion A	Term 2 Week 5
Athletics - Planning for Performance - Criterion B	Term 2 - Week 4
Various Sports - Application and Performance - Criterion C	Ongoing
Athletics - Reflecting and Improving Performance - Criterion D	Term 2 - Week 4

**Due date subject to change at classroom teacher discretion.*

Approaches to Learning

Communication, Self-Management, Research, Thinking, and Social Skills

Australian Curriculum Achievement Standard

The Achievement Standard for Year 7 Physical & Health Education is based on the Australian Curriculum v9 <https://www.australiancurriculum.edu.au/>