Port Moresby International School

P.O. Box 276, Boroko, Papua New Guinea
Phone +675 325 3166, Fax +675 325 4439
Owned and operated by the International Education Agency.

Unit & Assessment Semester Outline for Students & Parents Grades 7 – 10.

Year	2026	Grade	8	Semester	2
Course Title	PERSONAL AND SOCIAL EDUCATION				
Curriculum Taught	PNG				
Topics	Movement and Physical Activity, Health of Individuals				

Assessment

Week	Topic(s)	Type of Task	Weighting
Term 3 : week 7	Movement and Physical activity Health of individuals and Population	Portfolio Folder-40 Assessment Task-30 Work Book-20 Att/Participation-10 End of Term Test-25	50 %
Term 4 week 17	Health of individuals and Population	Portfolio Folder-40 Assessment Task-30 Work Book-20 Att/Participation-10	50%

Learning outcomes against which the students will be reported

1. Keeps a neat and organised note book containing class assignment.
2. Interacts positively in groups and class activity.
3. Demonstrates knowledge and understanding of the content.

Course Aims/Goals

1. To encourage the processes which assist students to choose behaviours which promote healthy living
2. To generate positive attitudes towards active participation in classroom activities.
3. To facilitate the participation in the classroom.
4. To encourage co-operative social interaction
5. To develop a personal concept of total fitness.

Regulations governing Late Submission of Work, Non-Submission of Work, Attendance, Cheating/Plagiarism & Rights of Appeal may be found in the Grade 7-8 and 9-10 Curriculum Handbooks, or from the POMIS website;

www.pmis.iea.ac.pg

Weeks	Content Outline	Curriculum Links
1-2	Movement and Physical activity * Movement skills * Combining skills Task: Choose a skill from any sport of interest and state the type of movement, explain how it's done and its significance in the sport. I lustration by drawing or caption.	PD Book 2 Pg 84 -90
3-4	Movement and Physical activity - Keeping fit - The BMI chart Task #2- FITT principle – Design a Personal Fitness Program #3 - Calculate your BMI using the chart	PD Book 2 Pg 91-93 IGCSE Pg 60-65 L1
5-6	Movement and Physical activity - Safety - Leisure and recreation Task: #4- State a leisure activity you love to do and why? - Plan a Recreational activity you would love to do during the holidays.	PD Book 2 Pg 94 -98
7-8	Movement and Physical activity - Sporting roles and responsibilities - Brochure/Pamphlet Tasks #5- Brochure on Sporting Role Model.	PD Book 2 Pg 98 - 99
9-10	Health of individuals and Population * Growth and development - Cultural beliefs and values about sexuality.	PD Book 2 Pg 114 -120
11-12	Health of individuals and Population * Nutrition - Nutrients	PD Book 2 Pg 121 -125
13-14	Health of individuals and Population * Personal health and safety - Adolescence	PD Book 2 Pg 126 -133
15-16	Health of individuals and Population * Community health - Family size & types	PD Book 2 Pg 134 -136
17-18	Health of individuals and Population - The use of drugs (Alcohol & Tobacco) - Advocacy - Test	PD Book 2 Pg 137 - 139

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19-20	Health of individuals and Population * other drugs -	PD Book 2 Pg 137 - 139