

CESC Scope and Sequence - 2016
Health and Physical Education

Health Core:

	Year 7	Year 8	Year 9	Year 10
Term 1	Unit title/s: Muscles and Bones Learning Area & Strand/s: <ul style="list-style-type: none"> Contributing to healthy and active communities 	Unit title/s: Bodies Response to exercise and Heart Health Learning Area & Strand/s: <ul style="list-style-type: none"> Contributing to healthy and active communities 	Unit title/s: First Aid Learning Area & Strand/s: <ul style="list-style-type: none"> Contributing to healthy and active communities 	Unit title/s: Energy Systems Learning Area & Strand/s: <ul style="list-style-type: none"> Contributing to healthy and active communities
Common Assessment Task/s	Title of CAT: Muscles and Bones Investigation Type of task: Research Task	Title of CAT: Cardiovascular changes Type of task: Research task	Title of CAT: Why First Aid? Type of task: Research/Practical	Title of CAT: Lab 1: Measuring and Analysing CR endurance Lab 2: The role of energy systems in exercise. Type of task: LAB
Term 2	Unit title/s: Building Resilience Learning Area & Strand/s: Communicating and interacting for health and wellbeing -Demonstrate and develop empathy and sensitivity	Unit title/s: Alcohol and Party Drugs Learning Area & Strand/s: Being healthy, safe and active	Unit title/s: Sexual Education Learning Area & Strand/s: Being Healthy, safe and active - Strategies to manage personal health	Unit title/s: Sports Coaching Learning Area & Strand/s: Contributing to healthy and active communities
Common Assessment Task/s	Title of CAT: Building Resilience Case Study Type of task: Case Study	Title of CAT: TBC Type of task: TBC	Title of CAT: Sex Education- Contraception, conception and your rights and responsibilities. Type of task: Analysis	Title of CAT: Sports Coaching plan and performance Type of task: Research/Analysis/Practical
Term 3	Unit title/s: Risk Taking and Tobacco Learning Area & Strand/s:	Unit title/s: Game Sense Unit Learning Area & Strand/s:	Unit title/s: Body Systems Learning Area & Strand/s:	Unit title/s: Biomechanics Learning Area & Strand/s: (possibly doesn't fit anywhere)

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	Being healthy, Safe and Active	<ul style="list-style-type: none"> - Contributing to healthy and active communities - Learning through movement 	Contributing to healthy and active communities	
Common Assessment Task/s	Title of CAT: My Base Climb Story Type of task: Written response to prompt questing	Title of CAT: Game movement analysis Type of task: Case Study	Title of CAT: TBC Type of task: TBC	Title of CAT: TBC Type of task: LAB
Term 4	Unit title/s: Umpiring and Respect in Sport Learning Area & Strand/s: Communicating and interacting for health and wellbeing	Unit title/s: Water and Road Safety Learning Area & Strand/s: Being Healthy, Safe and active	Unit title/s: Personal Fitness and Training Programs Learning Area & Strand/s: Contributing to healthy and active communities	Unit title/s: Health and Human Development- Learning Area & Strand/s: Communicating and interacting for health and wellbeing
Common Assessment Task/s	Title of CAT: TBC Type of task: Research/Investigation	Title of CAT: Government initiatives to improving safety Type of task: Research	Title of CAT: My Training Program Type of task: Written/Research	Title of CAT: Dimensions of Health Type of task: Research
	Unit title/s: Movement and Motor Skills Learning Area & Strand/s: Contributing to healthy and active communities	Unit title/s: Drugs in Sport Learning Area & Strand/s: May need to alter	Unit title/s: SEPEP Unit Learning Area & Strand/s: <ul style="list-style-type: none"> - Contributing to healthy and active communities - Learning through movement 	Unit title/s: Community Sexual Trends and Individual Responsibilities Learning Area & Strand/s: Being Healthy, safe and active <ul style="list-style-type: none"> - Strategies to manage personal health
	Title of CAT: Motor Skills Case Study Type of task: Case Study	Title of CAT: Lance Armstrong EPO use and effects Type of task: Case Study/Research	Title of CAT: Team Strategy Analysis Type of task: Analysis	Title of CAT: TBC Type of task: Case study and Analysis

Health Elective:

Term 1	<p>Unit title/s: Puberty and Adolescence</p> <p>Learning Area & Strand/s:</p> <ul style="list-style-type: none"> • Being healthy, safe and active - Impact on transition 	<p>Unit title/s: Mental Health</p> <p>Learning Area & Strand/s:</p> <ul style="list-style-type: none"> - Communicating and interacting for health and well being 	<p>Unit title/s:</p> <p>Learning Area & Strand/s:</p>	<p>Unit title/s:</p> <p>Learning Area & Strand/s:</p>
Common Assessment Task/s	<p>Title of CAT: Puberty and Adolescence- Personal, Physical and Social changes</p> <p>Type of task: No CAT</p>	<p>Title of CAT: Mental Health- anxiety and depression</p> <p>Type of task: Mental Health Assessment Task (research task)</p>	<p>Title of CAT:</p> <p>Type of task:</p>	<p>Title of CAT:</p> <p>Type of task:</p>
Term 1	<p>Unit title/s: Nutrition</p> <p>Learning Area & Strand/s: Being healthy, safe and active</p>	<p>Unit title/s: Respectful Relationships</p> <p>Learning Area & Strand/s: -Communicating and interacting for health and wellbeing</p>	<p>Unit title/s:</p> <p>Learning Area & Strand/s:</p>	<p>Unit title/s:</p> <p>Learning Area & Strand/s:</p>

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	- Promotion of health and wellbeing	- Investigating - Contributing to healthy and active communities		
Common Assessment Task/s	Title of CAT: Health and Nutrition Assessment Type of task: Research Task	Title of CAT: No CAT Type of task: No CAT	Title of CAT: Type of task:	Title of CAT: Type of task:

Physical Education:

Term 1- 7.5 week term

Year 7		Year 8		Year 9		Year 10	
Introduction	2 lessons (week 1)	Introduction	2 Lessons (week 1)	Introduction	1 lesson (week 1)	Introduction	1 lesson (week 1)
Minor games Learning Area & Strand/s: Moving the body		Minor games Learning Area & Strand/s: Moving the body		Minor games Learning Area & Strand/s: Moving the body		Minor games Learning Area & Strand/s: Moving the body	
Fitness	4 lessons (week 2-3)	Fitness	4 lessons (week 2-3)	Fitness	2 lessons (week 2-3)	Fitness/ Labs	2 lessons (week 2-3)
Fitness Testing Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness		Fitness Testing Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness		Fitness Testing Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness		Fitness Testing Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness	
Major Sport	6 Lessons (week 4-6)	Major Sport	6 Lessons (week 4-6)	Major Sport	4 lessons (Week 4-7)	Major Sport/Labs	4 lessons (week 4-7)
Ball handling and throwing Learning Area & Strand/s: Moving the body- Improving body control and coordination		Soccer Learning Area & Strand/s: Understanding movement- Movement sequences		Baseball Learning Area & Strand/s: Moving the body		Orienteering/Energy System labs Learning Area & Strand/s: Learning through movement	

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Minor Sport	2 lessons (week 7)	Minor Sport	2 Lessons (week 7)				
Tabloid Sports- Yr 7 class competition		Tabloid Sports- Yr 8 class competition					

Term 2- 11 week term

Year 7		Year 8		Year 9		Year 10	
Introduction	4 lessons (week 1-2)	Introduction	4 lessons (week 1-2)	Introduction	2 Lessons (week 1-2)	Fitness	2 lessons (week 1-2)
Cross Country training/run the course Learning Area & Strand/s: Moving the body- Movement strategies		Cross Country training/run the course Learning Area & Strand/s: Moving the body- Movement strategies		Cross country training Learning Area & Strand/s: Moving the body- Movement strategies		Fitness Testing Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness	
Major Sport	6 lessons (week 3-5)	Major Sport/Int Sport	6 lessons (week 3-5)	Major Sport/Int Sport	4 lessons (week 3-6)	Major Sport	4 lessons (week 3-6)
Tee Ball Learning Area & Strand/s: Moving the body		Handball Learning Area & Strand/s: Understanding movement- Movement sequences		Korfball Learning Area & Strand/s: Understanding movement- Movement sequences		Golf Learning Area & Strand/s: Understanding movement- Movement sequences	
Fitness Learning Area & Strand/s:	2 Lessons (week 6)	Minor Sport/Int Sport	4 Lessons (week 6-7)	Minor Sport/Int Sport	3 lessons (week 7-9)	Special Event	5 lessons (week 7-11)

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Understanding movement-participate in physical activities related to fitness							
Fitness Testing		Lacrosse Learning Area & Strand/s: Understanding movement-Movement sequences		Volleyball Learning Area & Strand/s: Understanding movement-Movement sequences		Sports Coaching: Peers and children Learning Area & Strand/s: Learning through movement	
Minor Sport	2 lessons (week 7)	Fitness	4 lessons (week 8-9)	Minor Sport	2 lesson (week 10-11)		
Baton relay change over technique Learning Area & Strand/s: Moving the body- Movement strategies		Fitness Testing Learning Area & Strand/s: Understanding movement-participate in physical activities related to fitness		Athletics Trials Learning Area & Strand/s: Moving the body-Movement strategies			
Minor Sport	4 lessons (week 8-9)	Minor Sport	4 Lessons (week 10-11)				
Athletics-Field events technique Learning Area & Strand/s: Moving the body-Movement strategies		Athletics Trials Learning Area & Strand/s: Moving the body- Movement strategies					
Minor Sport	4 lessons (week 10-11)						
Athletics Trails Learning Area & Strand/s: Moving the body- Movement strategies							

Term 3- 10 week term

Year 7		Year 8		Year 9		Year 10	
Minor Sport	4 lessons (week 1-2)	Minor Sport	4 lessons (week 1-2)	Minor Sport	2 Lessons (week 1-2)	Minor Sport	2 lessons (week 1-2)
Athletics Trials Learning Area & Strand/s: Moving the body- Movement strategies		Athletic Trials Learning Area & Strand/s: Moving the body- Movement strategies		Athletics Trials Learning Area & Strand/s: Moving the body- Movement strategies		Athletics Trials Learning Area & Strand/s: Moving the body- Movement strategies	
Fitness	4 lessons (week 3-4)	Major Sport	8 lessons (week 3-6)	Major Sport	6 lessons (week 3-8)	Fitness/labs	2 lessons (week 3-4)
Fitness Testing Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness		Practical game sense unit: Netball Learning Area & Strand/s: Moving the body- Movement strategies		AFL 9's Learning Area & Strand/s: Moving the body		Fitness Testing/Biomechanics labs Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness/ Learning through movement	
Major Sport	6 Lessons (week 5-7)	Fitness	4 Lessons (week 7-8)	Minor Sport	2 lessons (week 9-10)	Major Sport/Labs	4 lessons (week 5-8)
Field Hockey Learning Area & Strand/s: Moving the body		Fitness Testing Learning Area & Strand/s: Understanding movement- participate in physical activities related to fitness		Training Programs/Strength & Conditioning Learning Area & Strand/s: Learning through movement		Badminton/ Biomechanics labs Learning Area & Strand/s: Learning through movement	
Minor Sport	4 lessons (week 8-9)	Minor Sport	4 lessons (week 9-10)			Minor Sport	2 lessons (week 9-10)
Tchoukball Learning Area & Strand/s: Moving the body		Rugby 7's Learning Area & Strand/s: Moving the body - Movement strategies			Softball Learning Area & Strand/s: Learning through movement		

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Minor Sport	2 lessons (week 10)						
Ultimate Frisbee Learning Area & Strand/s: Moving the body							

Term 4- 11 week term

Year 7		Year 8		Year 9		Year 10	
Fitness	4 lessons (week 1-2)	Fitness	4 lessons (week 1-2)	Minor Sport	3 Lessons (week 1-3)	Fitness	2 lessons (week 1-2)
Fitness Testing Learning Area & Strand/s: Understanding movement-participate in physical activities related to fitness		Fitness Testing Learning Area & Strand/s: Understanding movement-participate in physical activities related to fitness		Training Programs/Strength & Conditioning Learning Area & Strand/s: Learning through movement		Fitness Testing Learning Area & Strand/s: Understanding movement-participate in physical activities related to fitness	
Major Sport	8 lessons (week 3-6)	Major Sport	6 lessons (week 3-5)	Major Sport	7 lessons (week 4-10)	Major Sport	4 lessons (week 3-6)
Basketball Learning Area & Strand/s: Moving the body		Super 8's Cricket Learning Area & Strand/s: Moving the body- Movement strategies		SEPEP unit: Capture the flag Learning Area & Strand/s: Learning through movement Learning Area & Strand/s: Moving the body- Movement strategies		Archery Learning Area & Strand/s: Moving the body	
Minor Sport	6 Lessons	Minor Sport	4 Lessons	Activities Week	-	Minor Sport	2 lessons

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Bat Tennis Learning Area & Strand/s: Moving the body	(week 7-9)	Indoor Hockey Learning Area & Strand/s: Moving the body- Movement strategies	(week 6-7)	-		Speedball Learning Area & Strand/s: Moving the body- Movement strategies	(week 7-8)
Minor Sport	2 lessons (week 10)	Minor Sport	4 lessons (week 8-9)			Exams/early finish	-
Carpet Bowls Learning Area & Strand/s: Moving the body		American Football- Gridiron				-	
Activities Week	-	Minor Sport	2 Lessons (week 10)				
-		Gaelic Football					