

Cranbourne East Secondary College Physical Education Practical Scope and Sequence 2016



Term 1- 9 week term

Year 7		Year 8		Year 9		Year 10	
Introduction	4 lessons (week 1-2)	Introduction	2 Lessons (week 1)	Introduction	2 lesson (week 1)	Team and Ball Sports	Sem 1 & 2
Minor games/team activities		Minor games		Minor games		Personal Training	
Fitness	4 lessons (week 2-3)	Fitness	4 lessons (week 2-3)	Fitness	4 lessons (week 2-3)	Bronze Medallion & Sports Coaching	Sem 1
Fitness Testing and Fitness Graph Completion		Fitness Testing and Fitness Graph Completion		Fitness Testing and Fitness Graph Completion		Outdoor Education	Sem 2
Major Sport (Gym and Blue courts)	6 Lessons (week 4-6)	Major Sport (Blue courts, SP)	6 Lessons (week 4-6)	Major Sport (Oval, SP)	6 lessons (Week 4-6)		
Ball handling and throwing		Soccer		Baseball			
Minor Sport/Strategic game	3 Lessons (week 7-8)	Minor Sport	4 Lessons (week 7-8)	Minor Sport (Gym)	4 lessons (week 7-8)		
Capture the Flag (Gym or Blue courts)		Softball (Oval)		Basketball			
Minor Sport (Blue courts, Agora)	1 Lesson (week 9)	Minor Sport/Activity	2 Lessons (week 9)	Minor Sport	2 lessons (week 9)		
Tabloid Sports- Yr 7 class competition		HR lab- Bodies Response to exercise (Blue courts, Agora)		Orienteering (Oval/Whole school)			

Term dates: 31/1 – 31/3

Term 2- 11 week term

Year 7		Year 8		Year 9	
Introduction	4 lessons (week 1-2)	Introduction	4 lessons (week 1-2)	Introduction	2 Lessons (week 1)
Cross Country training/run the course (Oval)		Cross Country training/run the course (option)		Cross country training/ Ball sports (Oval/Blue courts)	
Major Sport (Oval)	6 lessons (week 3-5)	Major Sport/Int Sport	6 lessons (week 3-5)	Minor Sport/Int Sport	6 lessons (week 2-4)
Tee Ball (Oval/Blue courts)		Handball (Gym/Blue courts)		Benchball/Netball/Korfball (Gym/Blue courts)	
Minor Sport	2 lessons (week 6)	Minor Sport/Int Sport	4 Lessons (week 6-7)	Minor Sport/Int Sport	4 lessons (week 5-6)
Running Technique/ Block Start/ Running Strategy and Games (Blue courts/Oval)		Soft Lacrosse Blue courts/Oval		Volleyball (Gym)	
Minor Sport	2 lessons (week 7)	Minor Sport	4 lessons (week 8-9)	Major Sport	4 Lessons (Week 7-8)
Baton relay change over technique		Badminton (Gym)		Golf (Oval)	
Minor Sport	6 lessons (week 8-10)	Minor Sport	4 Lessons (week 10-11)	Minor Sport & Strategy development	6 lessons (week 9-11)
Athletics-Field events technique		Athletics Technique		*Badminton & Soccer (Gym)	
Minor Sport	2 lessons (week 11)				
Athletics Trails					

Term dates: 18/4 – 30/6

Term 3- 10 week term

Year 7		Year 8		Year 9	
Minor Sport	4 lessons (week 1-2)	Minor Sport	4 lessons (week 1-2)	Minor Sport	4 Lessons (week 1-2)
Athletics Trials		Athletic Trials		Athletics Trials	
Minor Sport	4 lessons (week 3-4)	Major Sport	8 lessons (week 3-6)	Major Sport	8 lessons (week 3-6)
Bat Tennis (Blue courts)		Practical game sense unit: Netball (Gym/Blue courts)		AFL 9's (Oval, BC'S)	
Major Sport	6 Lessons (week 5-7)	Minor Sport	4 Lessons (week 7-8)	Minor Sport	4 lessons (week 7-8)
Field Hockey		Gaelic Football		Gridiron	
Minor Sport	4 lessons (week 8-9)	Minor Sport	4 lessons (week 9-10)	Minor Sport	4 lessons (week 9-10)
Tchoukball		Rugby 7's		Training Programs/Strength &Conditioning	
Minor Sport	2 lessons (week 10)				
Ultimate Frisbee					

Term dates: 17/7 – 22/9

Term 4- 11 week term

Year 7		Year 8		Year 9	
Fitness	4 lessons (week 1-2)	Fitness	4 lessons (week 1-2)	Fitness	4 Lessons (week 1-2)
Fitness Testing and Fitness Graph Completion		Fitness Testing and Fitness Graph Completion		Fitness Testing and Fitness Graph Completion	
Major Sport	8 lessons (week 3-6)	Major Sport	6 lessons (week 3-5)	Major Sport	10 lessons (week 3-7)
Basketball		Super 8's Cricket		Sports Coaching/Round Robin	
Minor Sport	2 lessons (week 7)	Minor Sport	4 Lessons (week 6-7)	Minor Sport	6 lessons * (week 8-10)
Carpet Bowls/Lawn Bowls		Indoor Hockey		Speedball	
Into Year 8 Orientation	6 lessons * (week 8-10)	Into Year 9 Orientation	6 lessons * (week 8-10)		
- Soccer - Netball - Handball		-AFL 9's -Volleyball -Baseball			

Term dates: 9/10 – 22/12